What is the next step after graduation?

After years of work you’ve finally got the degree to show for it—definitely an accomplishment worth celebrating. But unless you’re going straight back to back to school for another degree, once the graduation parties are over it’s time to take what you’ve learned and become a productive member of society. The transition from being in college to being on your own can be stressful for a number of reasons.

**EMPLOYMENT**

You might have a job- if you do, it is going to take time to get used to being in the workforce. If you do not have a job yet, then job hunting becomes your new day job. You can utilize job search engines, company websites, networking sites like Linkedin to help in your job search. Either way, making the transition from life of a student to a fulltime work week can be hard.

**RESPONSIBILITY**

Being in college, you probably didn’t realize how much was still being taken care of for you. Life after graduation can bring all kinds of responsibilities at once, which can be overwhelming to say the least. Some things to think about are to meet with a financial advisor to help set up a retirement plan, meet with an insurance agency to make sure your vehicle/apartment/home is insured, etc.

**SOCIAL SUPPORT**

You may feel lost without the support system you had in college. It can be hard to move home, into a new place, or live alone for the first time. Take this time in your life to learn about yourself.

**TAKE GOOD CARE OF YOURSELF**

You might feel lost without your campus resources. Gone are the days of having a dining hall, fitness center and health center available on-demand all in one place. It is important to remember to take care of yourself by:

- Eating healthy
- Staying active
- Learn the basics about health insurance
- Find a primary care doctor
- Make your mental health a priority

Reference: https://www.mhanational.org/