



NAVIGATING POST-GRAD

Graduation is coming up soon and you may not have a crystal clear idea of what you are doing afterwards. Your friends or family members may persistently ask you "what are you doing after graduation?" and it may appear that all of your friends have their lives completely figured out. This is not always the case, however, despite what it may look like; in fact, many graduating seniors feel similarly to you!



Common Themes with Graduating Seniors:

- Fearing the unknown and being financially independent Unanticipated transitions like losing the structure of a student lifestyle, leaving behind friendships, and feeling pressured by expectations of post-grad life.
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Graduation poses a very important developmental challenge for emerging adults, and it is not uncommon to feel overwhelmed or anxious about this next step. It is also not uncommon to not have everything figured out yet. Sometimes, post-graduation expectations of a financially stable, sustainable career does not immediately reach out to us.

The good news, however, is that there are steps you can take to ease these feelings of being overwhelmed or stressed out!

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WHAT'S YOUR PLAN?

Short Term Goal:

Short term goals can help alleviate stress by prioritizing your immediate concerns. Identify those; maybe your immediate needs concern finances, saving up for graduate school, or developing professional skills or volunteer hours. Whatever they may be, focusing on a short term goal that satisfies these may clear up some of the unknowns of post-graduation. This process may require you to accept lower-paying jobs, a job you don't necessarily love straight out of college, or to move home with family, but it does provide movement towards your goal by setting a foundation for the here and now.

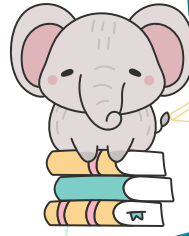
Long Term Goal:

Set a long term goal and plan the steps necessary to reach this goal backward from the goal. For example, when do you think you'll be in the career you desire? What should you be doing the year prior to that? And the year before that? By planning your long-term goal backward, you may find yourself being more realistically with your time-frame and priorities. Remember to be patient with yourself in this process, and understand that sometimes feelings or plans may change. Additionally, establish a network with professionals in the career you are pursuing to help you jumpstart your own path to success.

CAREER TRANSITION

Transitioning from college life to having a full-time job can be a difficult, but, there are ways to help ease this transition into your next phase of life and set yourself up for long term career success. The key is making a plan of action as early on as possible and following it through. This plan will help you determine your career goals, gain job experience and recognize potential opportunities that exist. So stop by Career Services to learn some helpful resume tips, to work on your interviewing skills, and for other job application help because they are here to help you transition from college life into a career smoothly

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USE YOUR SUPPORT SYSTEM

On Campus Before You Leave:

Utilize campus resources while you're still at UCSB. Career counselors can help you learn more about career options and build up your application skills. Professors and other mentors can also provide guidance to developing your path forward

If You Are Moving Home:

Use your time at home to reconnect with high school or childhood friends. Do not be afraid of rekindling these relationships or pursuing new ones in your new workplace, gym, place of faith or other.

In a New Environment:

Starting a new support system in a new environment can be incredibly difficult. Don't hesitate to use support systems you already have by phone or social media, but try not to let that prevent you from pursuing social events that might begin to establish new support systems. Challenge yourself to join a club, talk to someone at your local gym, to go to the workplace social or revisit your faith at your community's place of worship. Support systems are critical components of our happiness, but they do take patience and care to cultivate - especially places we may be new to. Try to take the opportunity to be excited about the prospect of meeting new people rather than let the fear of unknown prevent you from cultivating new friendships.

GOING HOME POST-GRAD

Don't be too hard on yourself. Have a conversation with your family about what moving home will look like. Some students regard moving back home as a failure but there can be many benefits to moving back home as well. For example, moving back home to save money may be a great step towards your future goals. Use your time at home to reboot your routine. It's important to be on the same page as your family after having lived independently for so long. Discuss expectations about your financial contribution, your responsibilities at home, rules of the house and what your ideas are about the duration of your stay. Having talked about this sooner rather than later may save you from future conflicts