

## MAKING SENIOR YEAR AT HOME COUNT

William & Mary Counseling Center

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We know you weren't necessarily planning to spend part of your senior year at home. Here are some tips to help you keep thriving.

### MAKE ROOM FOR DISAPPOINTMENT

While it can be tempting to "push through" feelings of frustration, sadness, let down, and malaise, it is so important to give yourself time and space to feel what you're feeling. Journaling, making art, and connecting with friends are all good ways to make this space.

### SET AN INTENTION

What feels important to accomplish, connect with, or learn in your final semester? Setting an intention will help guide your decision making about how to spend your time. Asking yourself what matters most is clarifying in times of uncertainty and can help provide purpose and meaning.

### STAY CONNECTED

Being physically distant from friends and classmates makes staying connected a greater challenge. Use Zoom to schedule social time, start a reading group, offer a club event remotely. While social distancing is important for maintaining public health at the moment, social connectedness is so important for mental health. Get creative!

### WHEN YOU'RE READY, START THINKING ABOUT NEXT STEPS

Maybe you've had a plan in mind for months about what post-graduation life might look like. Maybe you've been (understandably) avoiding thinking about it because it's a stressful topic. In either case, the COVID-19 situation has likely changed your planning process. While much may feel out of your control, thinking about what kind of work/life balance you'd like to achieve and beginning the process of considering your professional profile are important first steps. Consider:

- Making a LinkedIn profile
- Mapping out an ideal work day
- Reviewing job ads in your field (using tools like Indeed)
- Starting an exercise routine
- Giving yourself time and patience as you navigate these questions

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