

## Tips for Graduating Seniors

With any life transition, it is important to build a strong support network. Your support network can provide guidance, advice and emotional support as you face life's curveballs and challenges. They can also help you make connections and open doors to new opportunities.

### Build a Support Network

**Who are some members of your support system that you can reach out to this week?**

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### Build Healthy Habits

Healthy habits are those that promote your overall health and wellness such as eating nutritious foods and getting enough sleep. It also means cultivating time-management skills to help you juggle life's responsibilities.

**What are some daily habits that you can intentionally develop for the rest of this month?**

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### Set Goals

One of the most important skills you can learn as an adult is setting goals. Setting goals helps you stay focused and motivated. And, if you make your goals SMART – Specific, Measurable, Achievable, Relevant and Time-Bound – you are more likely to succeed in making them come true! Here is an example of a SMART goal:

Specific: *"I want to learn how to speak Spanish."*

Measurable: *"I want to achieve conversational-level proficiency in the Spanish language."*

Achievable: *"I will achieve my goal by attending a weekly Spanish class and practicing on a daily basis with a daily app."*

Relevant: *"Improving my Spanish skills will help me in my career and personal life."*

Time-Bound: *"I will achieve conversational-level proficiency in the Spanish language within 2 months."*

**What is a SMART Goal for you to achieve this summer?**

Specific: \_\_\_\_\_

Measurable: \_\_\_\_\_

Achievable: \_\_\_\_\_

Relevant: \_\_\_\_\_

Time-Bound: \_\_\_\_\_

## Create Your Mantra

An affirming mantra can help you feel confident as you embark on your next journey. By creating a mantra, you can reflect and accentuate your strengths, as well as equip yourself with a tool that will help you face uncertainty and challenges.

Here's an example:

*I am capable, confident and ready to take on the challenges and opportunities of adulthood.*

*I have worked hard, learned valuable skills and developed the resilience necessary to succeed in whatever path I choose.*

*I am proud of all I have accomplished and am ready to move onto the next stage of my life.*

### What is your affirming Mantra?

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