

A Reflection for When You are Graduating

Graduation comes with so many emotions. You are excited to be done with your schoolwork and there are so many fun events to celebrate your huge accomplishment. But you also are leaving a place you most likely love along with friends who have become like family. The future may feel unknown (even if it's set on paper) and you've only ever known life as a student (if you're going on to grad school you can keep some of this identity, however it is a bit different than your undergrad life). This guide is designed to help you identify how you are feeling, feel those feelings, and prepare as best you can for what's ahead.

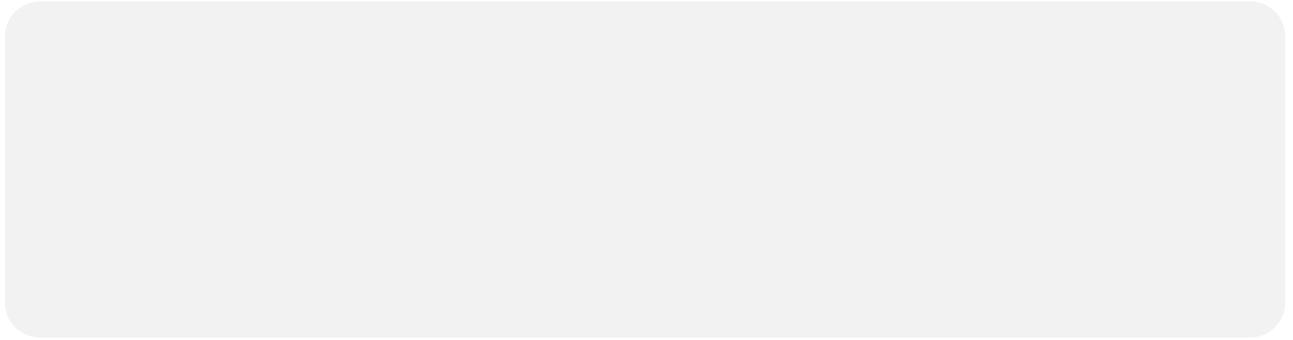


Take a moment to get settled where you are at. Get comfortable. Try to be present in the moment. If you have things that keep coming to mind, write them down so you can come back to them later. Pause to take some deep breaths. Enjoy that you have a few moments of silence to yourself. Once you feel settled, feel free to begin.

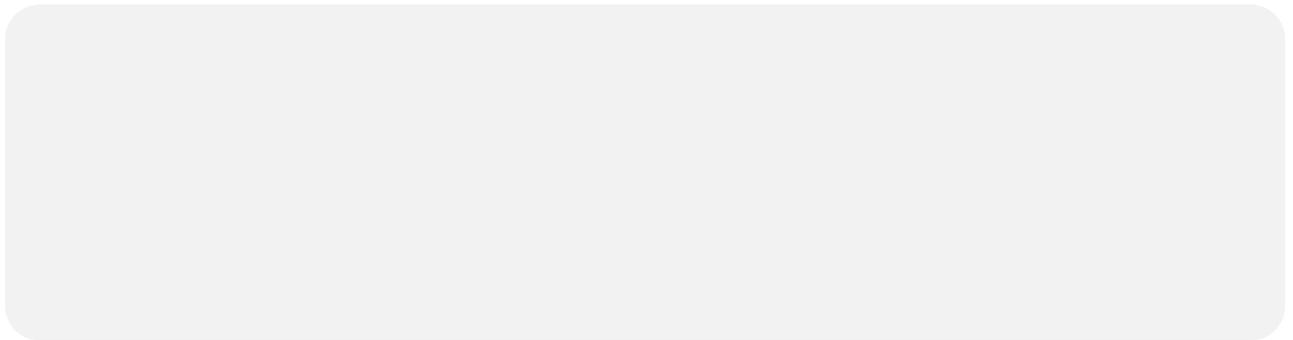
Think about the last four years. What stands out? What were your favorite memories? Write them down. What are some challenging times you had? Write those down as well. Spend some time being thankful for all these memories that led you to where you are today.

Next, spend some time thinking about how you are feeling. What emotions do you have about your time in college coming to an end? Write those down. It's okay to feel happy and sad all at once. Identify these feelings and allow yourself to feel them.

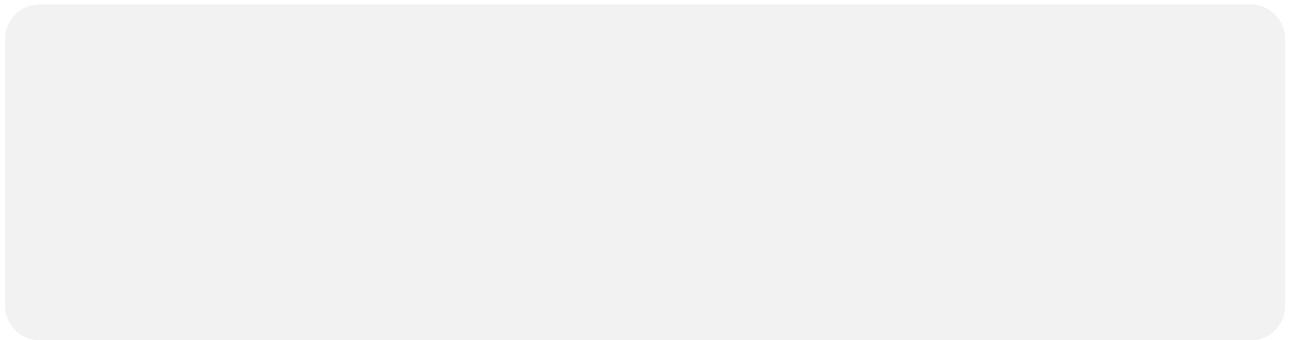
Think about your biggest lessons you are taking away from the last 4 years.
Write those down and think about how you may apply these lessons to whatever is next.



Now, spend some time thinking about what is ahead. How are you feeling about that transition?
What are your priorities in this next season? Write these things down as they come to mind.



How can you build some routines and create some boundaries around your priorities?
Write these down. Who will be your people in this next season? Can you tell them these priorities
and can they help you stay focused on them?



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