

STUDENT LIFE TO REAL LIFE

“Student Life to Real Life” is senior focused programming designed to prepare students to transition to the next phase of their lives – life after college.

This program is delivered using a combination of video presentations and links to online information modules. These modules will feature details on potential life expectations that students will encounter after graduation, while encouraging the celebration of what they have already accomplished as active and engaged students.

The content will emphasize the skills and abilities students currently have (inspiring personal confidence) through re-visiting of material and experiences that they have been exposed to during the past four years.

When a student earns senior status, they are added to the Student Life to Real Life online course, where they can navigate through the informational modules at their own pace. The content provides links to both campus and external resources that helps initiate the preparation for the upcoming transition to life after graduation. Areas covered include:



Financial Responsibility

As you prepare to graduate, upcoming financial obligations and daily living expenses are considerations you will need to plan for. Concerns like how do I pay for my student loans and/or plan a budget become a reality.

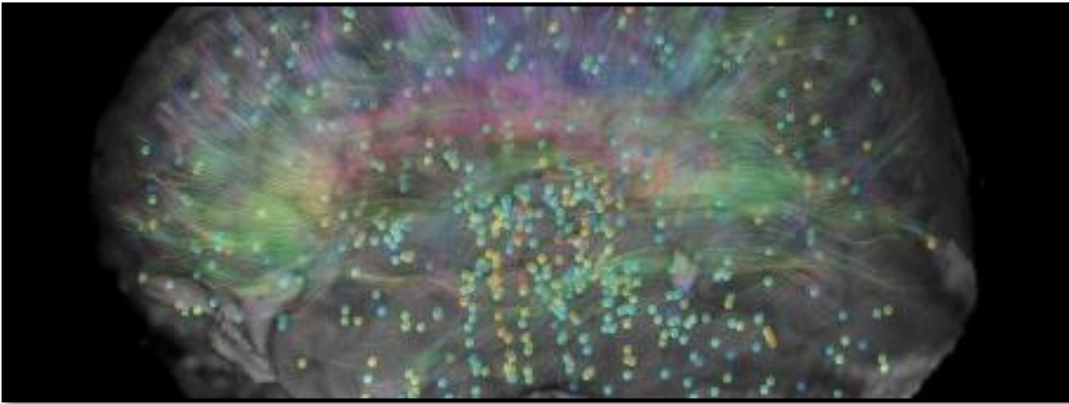
While this may seem daunting, know that you are not alone! This transition

to adult financial independence can be easier to navigate if you know what lies ahead and plan accordingly. You could be already tending to these expenses and maintaining your monthly responsibilities, but how do you get ahead? Savings and investing is possible with the proper budget and commitment to defining and prioritizing needs vs. wants. We've partnered with financial expert, Whitney Hansen from Whitney Hansen Co., to share tools and resources that could give you a jump start on the practice of being financially secure and confident



Wellness in the Real World

You've acquired the skills, knowledge, and credentials needed to succeed in the world outside The College of Idaho. You've developed a reputation that will help you get the job you want, and you've cultivated a network of relationships with professors, peers, and mentors that will open professional doors for you. However, what good is all of this if you aren't happy and healthy. In order to function most effectively and with maximum fulfillment, you'll need to attend to the various aspects of your life that make you a complete person: physical health, mental health, social-life, intellectual and creative endeavors, recreation, religion/spirituality, etc. We've given you some ideas for how to attend to several overlooked and, nonetheless, important parts of yourself.



Resiliency

Resiliency is the ability to recover quickly from a difficult situation, setback, or failure. Those who develop grit and resiliency are better-prepared to learn from mistakes and problem-solve changes in order to be successful or better in their next attempt at a task or challenge.

This section is designed to challenge you to think about your personal attitudes toward challenges and setbacks and give you the tools to build your reserves of resiliency.

Becoming an Intentional Alumnus

Congratulations! The finish line is well within sight and you are shortly going to be making the transition from student to alumni. You're well into your senior year and you are getting emails that talk about "Donating to the Boone Fund" and attending events like the "Senior Toast". What does all of this mean though?

