

Coping With Change

Graduating from college can be both an exciting and stressful time. In fact, studies show that moving to a new city and changing jobs are commonly ranked as two of life's most stress-inducing experiences.

For the past 4 years, you have been a part of this beautiful campus; you know the landscape well, have many friends close by, and know the best place to grab a late-night snack. Without question, you can expect that many things will be different once you graduate, including:

- Your environment/Living situation
- Proximity to Family and Friends
- Budget
- Sleep schedule
- Amount of free time
- Responsibilities
- Wardrobe

Fear of change and of the unknown can often make us trepidacious about the future. Whatever your plans are, be it moving across the country or back in with mom and dad, it is important that you allow yourself time and patience as you acclimate to this next phase of your life.

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