

*Class of* **2020** 

# Making the Most of your Senior Year at Home

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 ARE 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 workday
- Reviewing job ads in your field (using tools like Indeed)
- Starting an exercise routine
- Giving yourself time and patience as you navigate these
- questions

**Cook Counseling Center: [ucc.vt.edu](http://ucc.vt.edu), 540-231-6557**