I'M GRADUATING - WHAT NOW?

Work/Life Balance

Living an integrated life is key to balancing personal and professional lives. An integrated life combines work, community, and friends into one environment, which allows you to be an authentic leader in all aspects of your life. In order to be your authentic self, you need to make active choices to build a sense of self, learning, and growing no matter where you are. Research has found that a strong personal life could be an ally in achieving professional success. To create a successful work/life balance, one needs to put boundaries around work decisions and when they are made. Leave work at work so you can enjoy home at home. You can’t always give 110% to everything you do. Success stems from realizing the real priorities both at work and at home. Aim to accomplish them all, but realize that we all have limits. It is always important to dedicate time to finding yourself. You need to find ways that work for you to relieve stress and release tension. People can do this in a wide variety of ways like yoga, jogging, or spending time with friends. There is no right or wrong way to release your tension. The most important thing is that you are doing it and you are giving yourself space to think clearly about life.

Consider these questions:
1. What is most important to you in your personal life? How do you nurture your inner life?
2. What do you do to ensure that you are grounded professionally?
3. How do you measure your success?

Dream Big

Don’t let anything or anybody stop you from going after your next crazy dream or goal, no matter how big or small...including yourself.

Looking Forward

I am excited to begin my next chapter of my life! All these hours of classes, homework and sleepless nights of papers, I can see the end and I can soon apply it in my very own classroom teaching! I cannot wait! I am nervous for transitioning out of college where I am familiar with the schedule, people, and setting, and into a new part of the world where I am not familiar with anything. I’m excited because I love a new challenge and to meet new people along the way! I will miss UWS as it has become my home these last 3 years but I am ready to take on this next adventure and come back and share it with everyone who helped me get where I am today!

-Ashley Amundson | Elementary Education Major

ASK US!

Have a career preparation or life after graduation question you'd like to know more about? Email career@uwsuper.edu to get personalized feedback from Career Services staff!

Finding Balance

Life after graduation should be a continuance of commitment to yourself, your family, your career path, and beyond. The word “Balance” is something I share with students often! Balance is equally as important in your high school life, college life, family life, and work life as it is in your own personal growth and development!

-Director, Campus Recreation

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-Hannah Kivela | Elementary Education Major

May 4, 2020