Backpack to Briefcase:

*What to expect after graduation*

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Presentation Overview

- Introductions & Overview
- May 14, 200-the rest of your life
- Living / Lifestyle Changes
- Who the hell is FICA?!?!?! : Finances in the real world
- Work / life balance: a TRUE balancing act
- Lonely, but not alone
- Headed home??
- Wrap-up
May 14, 200-the rest of you life

- Day after graduation
  - What do you expect?
- “Quarterlife Crisis” – drastic change in lifestyle that occurs around age 22-25.
Living / Lifestyle Changes

- Out of the dorm / apartment
  - Feelings of loneliness
  - Separation anxiety
- Work starts at 8am!
  - Sleep trumps parties
- Physical health
  - Eating habits
  - Less time for exercise
Who the hell is FICA?!?!
Finances in the real world!

- How much do you hope to make in your 1st job?!?!

- Average with bachelor degree
  - $31,000 per year
  - 15% ($4650) Taxes
  - 10% ($3100) Insurance
  - = $23,250 / 12
  - = $1,937 / month gross
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Work / life balance: A TRUE balancing act

- Trust no one @ work for at least 6 months.
- Temptations to “prove yourself”
- Don’t burn out too soon
- Make friends outside of work
- Get a hobby
- Make friends & family a priority
Headed Home??

- Increase in the # of grads moving home
- Be prepared for difficulties
  - You have changed…so have they!
- Offer to pay “rent”
- Respect their rules
- Put a timeline on yourself
Lonely, but not alone

- NO...not EVERYONE is married yet!
- Dating gets harder
  - Less concentration of prospects
- Others are going / have gone through this too
- You WILL survive!
Great Resource:

- *Quarterlife Crisis*
  - Robbins & Wilner
- *Quarterlifer’s Companion*
  - Robbins & Wilner
- *Conquering Your Quarterlife Crisis*
  - Robbins
- *Twentysomething – TwentyEVERYTHING*
  - Hassler
SPRING CAREER DAY
2007

Tuesday, February 20th.
**NEW SCHEDULE!!!**
12:00 – 3:30
Wyatt Gym
Questions?!?! Comments?!?!

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