



MY EXIT STRATEGY

JHSPH OFFICE OF STUDENT LIFE
JHARRING7@JHU.EDU

**REFLECTION QUESTIONS
FOR GRADUATING
STUDENTS**

THE TRUTH IS:

Graduation is a time of transition. Because transitions of various kinds can feel chaotic and uncertain, we encourage you to create a strategy to help manage some of the stress that comes with receiving your diploma. While the following questions will be the same for everyone, experiences and answers will vary. It's important to recognize and embrace the uniqueness of your own experience.

Use the following reflection questions as guiding points for drafting your own strategy.

GRADUATION=TRANSITION

STARTING WITH RIGHT NOW

In this moment,

- 1. What worries me the most/ What is my biggest source of stress?**
- 2. What am I most looking forward to?**
- 3. What are my values?**
- 4. What is most important to me?**
- 5. What are my feelings about graduation?**
- 6. How resilient am I?**
- 7. Do I see myself thriving in the near future?**

EMOTIONAL HEALTH

SOURCES OF SUPPORT

- 1. Who are my biggest supporters?**
- 2. Name one person whom you consider a really good friend.**
- 3. Who/ what was my support system during my studies?**
- 4. How often am I engaging in my spiritual practices?**
- 5. How do I recover from rejection and disappointment?**
- 6. With whom do I plan on staying in regular contact with after graduation?**

SOCIAL HEALTH

BUDGETING

- 1. How much do I currently have?**
- 2. What adjustments do I need to make to live within my means?**
- 3. Do my spending habits reflect my values?**
- 4. What are some anticipated costs post graduation?**
- 5. How much money do I need to earn in order to cover my expenses?**

FINANCIAL HEALTH

CAREER PREPARATION

- 1. When was the last time I practiced interviewing?**
- 2. What do I consider to be my biggest “selling piece” in my job search?**
- 3. How comfortable am I in articulating my skills and goals?**
- 4. Where do I want to live after graduation?**
- 5. How open am I to the idea of relocating or not relocating?**
- 6. How current is my CV/resume?**
- 7. Can I see myself thriving after graduation?**

WHAT'S NEXT?

STRATEGY=ACTION PLAN

A strategy is simply an action plan. Planning may help ease some of the uncertainty of the graduation transition. Your specific plan of action will depend on how you answered the reflection questions, but in general, it may be helpful to develop a plan that includes:

- 1. Setting and thinking through post grad goals (see next page for worksheet).**
- 2. Creating a realistic budget (if your finances will be impacted in any way).**
- 3. Making a weekly schedule (see email attachment) which includes meaningful, supportive activities as well as job/opportunity searching activities.**

Remember: nothing is written in stone; adjust as needed! _

POST GRADUATION GOAL :

List all possible sources of support for this goal.	Possible challenges (anticipated or unanticipated)	What can I do now to prepare to achieve this goal?	What's an alternative plan for this goal?

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