

Post-College Blues

Graduating from college and celebrating your achievements can be an exciting time as you look toward the future. Whether your plans are work, further study, or taking some time, there may be moments you feel stressed or down. This is a normal part of adjusting to a significant transition.

I graduated. Why is this happening now?

School provides structure, including a set time frame and expectations. Assignments and exams allow for regular feedback of your progress. Without that structure, you may experience increasing feelings of uncertainty about what comes next.

Why am I struggling with this transition?

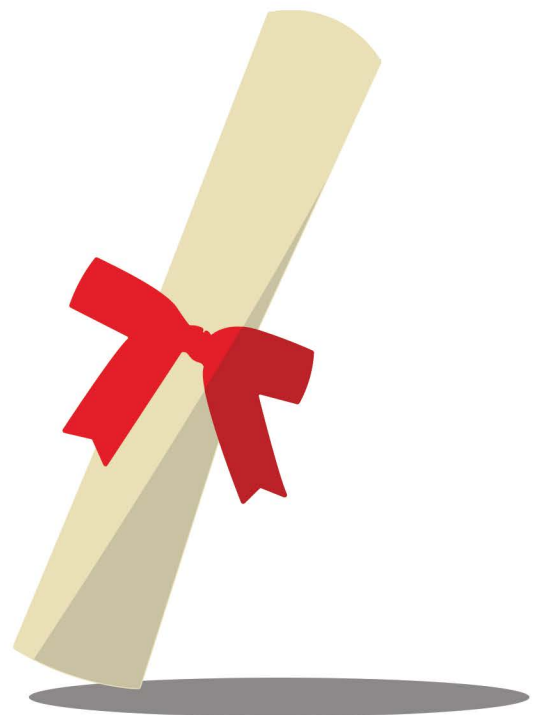
School includes planned activities and familiar faces that provide rhythm to your daily life. Moving to a new city, meeting new people, and other transitions can all feel unsettling. That's a part of life and that's okay.

Common Post-College Stressors

- Integrating into workplace culture
- Adapting to graduate level coursework
- Reintegrating into family dynamics
- Moving to a new city
- Financial pressures
- Learning new life skills

Signs of Post-College Blues

- Feelings of depression
- Stress
- Loss of motivation
- Sleep disturbance
- Sense of helplessness
- Difficulty making decisions
- Feelings of worthlessness



How can I make the transition easier?

Life after undergraduate study can feel very different, but there are ways you can create your own structure and weekly routine. Use a journal to build your own schedule. Make plans to stay active, find places and activities you enjoy, and connect with supportive people.

Additional Tips for Managing Post-College Blues:

Stay connected with friends. Be willing to share fears about post-graduation and make a plan to check in on each other.

Explore support options for alumni to help you network with other graduates.

Eat nourishing food, move your body, and make time to sleep.

Keep your goals in mind and maintain an open and flexible mindset.

Use social media deliberately. Social media is a helpful tool to keep connected with friends and family, but it only reflects a portion of their lives. Resist comparing yourself to others.

Want to find a mental health counselor?

Contact CAPS for help with off-campus referrals, or access TimelyCare services for up to 90 days after graduation.

CAPS

Counseling and Psychological Services

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