

# GRADUATION ANXIETY: The Pressure of Having a Post-Graduate Life Plan



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Time is ticking, do you feel overwhelmed, stressed because you don't know what life after college may look like for you? Just a few years ago the question was "are you going to college and what will you be studying?" Don't you remember how nervous and stressed that question made you feel? The constant worry of trying to please everyone. Four fast years later the new question is "what are your plans after college?" Now think about how intimidating that

can be, trying to formulate the “perfect answer” and at this point we genuinely may not know what exactly our future may look like.

Senior year is a stressful time for college graduates. It is an emotion filled year, with the excitement of graduating mixed with the worry of making sure everything is in order as far as credits, job or internship opportunities as well. At times the pressure of having it together before graduating dominates the excitement that is expected to be there. The question of post graduate plans can honestly stress you out. Senior Ebony D says, “...it makes me feel nervous to know that it’s not too far away and that every decision I make from today until then will determine how post graduate life will be for me” The addition of unnecessary stress and pressure of feeling as though you should have it all together when in reality it is okay.

What about having everything together? A job or internship opportunity you may have in place upon graduating may be the reason your transition from undergrad to everyday life is less intimidating. “Although Im excited about my internship opportunity I have after college, this doesn’t mean I don’t have my worries and concerns for post graduate life.” says senior, Kaziah. Some seniors may know what the future looks like, feel prepared and still worry. “I believe once I’m fully transitioned into my internship all the minor stresses, I have will go away due to the stability I may have.” Kaziah states that it makes her feel a level of prepared that students who may not have a post grad plan have.

School advisors and mentors are very important when it comes to assistance involving students during their four years at university. The advice and guidance offered is very beneficial when it comes to student and advisor relationships. It develops a certain level of trust and confidence within the student being able to proceed their post grad life with confidence, advice and mentorship.

“Sometimes, all a college student needs are someone to listen to their problems and concerns” says Professor Burks. As a college student constantly being critiqued and given advice can often times be confusing and intimidating. Wanting to apply the different perspectives of advice while doing what’s best for you as well. Actively listening can help calm student's nerves rather than always having a response. Professor Burks also states, “I allow them to vent, and speak freely.”

Although time is ticking and the pressure of having it all together can be intimidating, finding people to talk to and not being anxious about the past can result in a calm senior year. Being intentional about decisions being made is most important when it comes to making decisions that will affect your post graduation life.