



Get active and
make healthy
food choices

Set realistic
goals

Prioritize your
sleep schedule

Make time for fun
and hobbies

Build a support
network



QUICK TIPS FOR COLLEGE GRADUATES

FROM THE STUDENT WELLNESS CENTER

Reach out for
help and support

Be open to
change

Be patient with
yourself

Don't be afraid
to fail

Keep moving
forward

Take time to learn
about yourself
and your new
identity as a
college graduate

Make room for
humility

Contact the Student Wellness Center
with any questions

(310) 303-7244
wellness@marymountcalifornia.edu





IMPORTANT TIPS FOR COLLEGE GRADUATES

FROM THE STUDENT WELLNESS CENTER

Build a Support Network

Being able to reach out to others for help can mean the difference between giving up and reaching success. Your support network should include professors, friends, family members, resident advisors, your counselor, and anyone else you feel can help you rise above a problem.

Figure Out Insurance

Understand the basics about health insurance and what your options are. If you are under the age of 26 and your parents have health insurance, you may be able to stay on their plan. It is important to understand how co-pays, deductibles, and referrals work. It is important to note that if you don't have any health insurance, you will have to pay a penalty on your taxes regardless of age or student status.

Prioritize Being Active and Eating Healthy

When you are active, endorphins are released into your body, along with dopamine and serotonin. Eating healthy meals that include fruit and vegetables each day will offer positive benefits.

Create a Budget

It's important to create a budget for you graduate. Things to include in your budget are rent, food, utilities, and your phone bill, insurance as well as for paying down any debts you may have, like student debt, credit card debt, and any auto loans.

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