



## **Manage Your Medical Care**

- Choose a primary care physician and schedule a general health check-up.
- Understand your options for health insurance if no longer covered by parents.
- Keep your medical records updated and accessible.

## **Financial Literacy**

- Create a detailed budget that includes savings, expenses, and debts.
- Contribute to a retirement plan, such as a 401(k), if available.
- Learn about basic investments and start investing, even if it's a small amount.

## **Dietary and Behavioral Habits**

- Master basic cooking skills and meal prep to save money and eat healthily.
- Join a fitness center or find a group for regular physical activity.
- Ensure regular health check-ups and dental visits.

## **Safety**

- Research and become familiar with the new area you're living in, focusing on safety.
- Update your emergency contact list and share it with a trusted friend or relative.
- Practice responsible social media usage to protect your personal information.

## **Professional Work Habits**

- Develop a professional demeanor in communications and personal interactions.
- Seek out mentors and professional development opportunities.
- Regularly assess your career goals and the steps needed to achieve them.

## **Mental Health**

- Set boundaries at work to maintain a healthy work-life balance.
- Seek professional mental health support if you experience anxiety, stress, or depression.
- Continue to engage in hobbies and activities that bring you joy and relaxation.

## **Advanced Study Habits**

- Organize your study schedule to prioritize tasks and deadlines.
- Utilize academic resources offered by your institution.
- Network with peers and faculty to enrich your academic experience.