

CAREER SERVICES AND EMBARK PRESENT

MARKETPLACE PRIME

a digital adaption of our senior marketplace



Your Marketplace Tasks

Welcome, Seniors, to the first week of Marketplace Prime! Below you will find the senior marketplace tasks you need to complete for this week. REMINDER: All who complete these tasks will be entered for a chance to win prizes!

- **Confirm your name for your diploma!** On your diploma, your name will appear as is reflected in your official record with the college. For example, your record might read "Samuel A. Smith" but you might prefer your record to read "Samuel Alan Smith," or you might have a name that you prefer to be on your diploma than is on record. If a name change is desired for your diploma, please email Ms. Lisa Allen at lallen@washjeff.edu by April 15 to make that change.
- **Review your Program Evaluation in WebAdvisor!** If it does not say "Pending" or "Complete" as the program status, review with your academic advisor.



W&J Memories

As you prepare for graduation, it's a good time to reflect on some of the fun you've had along the way. We want to be a part of this with you! This week, we're thinking back to October for your senior Homecoming, when River Icenhour and Jude Taha were crowned King and Queen.



Online Resources for You

We know this is a stressful and uncertain time, and we want to help alleviate some of that stress! Especially as seniors, you may feel like things are unresolved. We want to assure you that we still plan to celebrate and prepare the Class of 2020 in all the ways we can virtually! In this section of Marketplace Prime, you'll find helpful resources to equip and prepare you for life after W&J. This week focuses on things you can do right now to help you stay focused and reflect on this time leading up to commencement.

- **Start journaling.** This is an exciting time as you finish your undergraduate career, and it's also an unprecedented time in the world right now. Journaling can be a great way to decompress from stress, and it helps you to gain some perspective as you reflect on your day.
 - Send a note to yourself via Futureme.org. You can write yourself a message during this time, and the site will send it to you a month, 6 months, or a year from now! You can also read public, but anonymous, letters from others giving themselves advice on their site.
- **Reach out to your friends, classmates, and family.** Stay connected with your friends and peers in your classes! Facetime, Microsoft Teams, calls, texts, Instagram, Snapchat are all great ways to stay connected during this time! It's so important to remember the communities you've created at W&J and reconnect with ones at home as well.
- **Ask questions and stay connected to staff and faculty.** Though this time may be confusing, W&J staff and faculty are still here to help you! Reach out to your professors and contact staff in areas across the College – including Library staff, Career Services, Health and Counseling, Residence Life, Student Engagement, Alumni Engagement, etc! Though we may be remote, we're still so excited to work with you during this time!
- **Remember to take care of yourself.** Take a walk outside, do some YouTube Yoga, play a game with your family, eat healthy, drink lots of water, and practice mindfulness. All important ways we can take care of ourselves during this time! See Your W&J Connection for [Mindful Mondays!](#) Visit the [Student Health & Counseling page](#) for more tips.

