

WE'RE HERE FOR YOU, SENIORS.



So now that you're done with classes, you're probably wondering "Oh crap. What now?!"

Despite having to participate in classes remotely, interacting with faculty, engaging with classmates, wrapping up theses, and taking final exams probably helped provide some semblance of normalcy and structure. At the very least, there were concrete things that you had to do in order to complete the semester.

Except for a few of you working to finish up requirements in short term, most of you are caught in that weird space between present and future -- between four years of what's known and unlimited years of who knows. And for many of us, operating in this limbo stage can be challenging. **How can you stay focused and motivated right now?**

While we don't have ***all*** the answers, we can certainly offer a few suggestions:

1. **Set one or two goals to start -- and make them reasonable.** You don't need to have a long list. They don't need to be big and mighty. Setting a few goals of reasonable size, as long as they're actionable, gives you things to work on and things to check off. Plus, achieving small goals often provides the momentum to set and achieve bigger goals. Baby steps. Small bites. We believe in you.



← We promise this will feel good!

2. **Consider both personal and professional goals.** We at Purposeful Work support you in setting purposeful goals across all areas of life. Consider writing a note of gratitude to your favorite teacher growing up. Or looking up five apartments in the new city you're moving to. Or identifying three alums on [Bates Bridge](#) and [LinkedIn](#) to reach out to next week about the industry you're interested in. You can even start with something really basic - how about changing out of your pajamas or sweats on Wednesdays? That's easy enough, no? OK, maybe not.

3. **Don't forget to reward yourself when you accomplish your goals.** Whether the issue is the procrastination bug ("Yeah yeah, I'll get to it later"), paralysis of choice ("Ack! Too many options!"), the intensity of the current world order ("So. Much. News."), or simply Zoom exhaustion ("My eyes! My eyes!"), we know that it can be really hard to stay focused and motivated right now. We totally get it. So when you finally ***do*** take those small steps and accomplish those reasonable goals, don't forget to treat yourself. Take a socially distanced walk with a friend. Start that next episode of Never Have I Ever. Enjoy the moment. Appreciate the win.
4. **Keep going and find support.** When we're inactive and still, the hardest thing to do is build momentum. So once you have it, don't let it go. Continue to set goals -- however few, however small -- and do what you can to achieve them. While you're at it, find others who can set goals alongside you. It can be helpful to have others to hold you accountable and motivate you when you're down. Think team workouts, writing groups, and late night study sessions.

A FEW REMINDERS:

- If you're still searching for opportunities on Handshake, don't forget to plug in "PW 2020" and explore Purposeful Work virtual internships open to seniors. Note that Purposeful Work competitive funding is also open to seniors -- check out [this Handshake posting](#) for details and instructions.
- Make sure to check out the Sunday newsletter and Thursday industry notes for jobs and internships in your areas of interest.
- If you're waiting to hear back from interviews, consider reaching out to recruiters 2-3 weeks after your interview if you haven't heard back yet.
- Check out [Parker Dewey](#) for the chance to engage in short-term micro-internships where you can work on interesting assignments and show off your skills to potential employers.
- Be flexible. Be patient. Be resilient. These are three key messages coming out of our senior job search workshop a few weeks ago. If you missed it or any of our workshops, check them out on our new [Purposeful Work YouTube Playlist!](#)

Should you need help with anything related to Purposeful Work, our counselors are available to connect via phone, Zoom, Google Hangout, or email. You can make an appointment for M-F 8am-4pm ET through Handshake (login, go to the upper tab "Career Center" and then click "Appointments"). If you have any trouble making an appointment, please email us!

NEW OPTION If you'd like to reach out with a quick question or for a quick consult, we'll have an advisor ***LIVE*** on Zoom every Monday-Wednesday 8-9PM through the end of May. Find us at this Zoom link: <https://bates.zoom.us/j/98081221776>. You'll enter a waiting room and the on-call advisor will be with you as soon as possible.

NOTE: If you've missed any of the senior class messages since March 23, please check them out [here on the Purposeful Work COVID-19 page](#).

As always, we're here for you.

The Team at the Center for Purposeful Work