

How to Transition from College Student to *Working Professional*

As each classy co-ed reaches her senior year, life after graduation slowly becomes more and more crucial to plan for. While many students don't want to give up their exciting and adventurous college years to become working professionals, it can actually be a fun journey of its own! Follow these tips to ease the transition of college student to working professional, and this life change should be a little bit smoother.

Start With Your Wardrobe

Oh, college. A beautiful place where Nike shorts and t-shirts are welcomed all day and every day. Why do we have to give them up? Instead of mourning the loss of your comfortable clothes, choose to get pumped for all of the styles of clothing you haven't been able to experience yet! The first step to planning for a new life as a working professional should start in your [wardrobe](#).

A **classy** co-ed should always have her closet prepared! Begin sifting through your current closet and figure out what should stay and what should be sold/donated. You can ask yourself, "Can I wear this to my future job?" or "Do I need to keep ALL of my comfy clothes if I can only wear them on the weekends or after work?" This should help you filter through what you need and clear your closet for professional space.

While [shopping](#) for new clothes, think about wardrobe staples. Items like heels, flats, pencil skirts and blazers should be top-priority. Leah Bourne, a contributor to Forbes.com, explains a few staple items: "Finally, don't forget that a work wardrobe begins with great basics. Most crucial: one great suit and shirts in your most complimentary colors." You should be able to re-wear these pieces and get the best deal for the amount of money you spend on them.



Focus on Your Organization

As a working professional, no matter what career field you will be in, you will be expected to be responsibly organized at all times. The most practical way to start your organization is by purchasing a day planner. Instead of using a planner to write down homework assignments and study plans for college, you'll use this to make sure you are held accountable for what you commit to.

While entering the workforce, you will be assigned deadlines, projects and will be required to attend regularly occurring meetings. Lisa Quast, contributor to Forbes.com, explains the importance of staying organized when starting a new job: "Taking the time to think and plan out your first 30, 60 and 90 days on the job will help you decrease the stress normally felt when starting a new position." Go ahead and buy a planner now and write out everything you have already planned for in the next few months! This will relieve the pressure of having to remember everything on your own.

By being detailed in your planner, you will be less likely to overcommit, create scheduling errors or forget what you already have scheduled. A **hard-working** professional always thinks ahead and is responsible with her time.





Remember Your Health

The transition from student can be stressful and maybe even overwhelming, but it is so important to remember to take care of you. We all know it is easy to develop unhealthy eating and drinking patterns in college, so this is the time to straighten that out! Begin working out on a regular basis and try to take steps of self-control when it comes to junk food. Instead of eating out for lunch, pack your lunch for your days in the office.

Being professional not only means conducting yourself in a responsible manner, but it also means looking out for your health and future-self. In order to be the best possible employee you can be, focus on eating [foods](#) that will give you energy instead of ones that will slow you down. Tiffany Barrett, contributor to CNN.com describes energy-boosting foods: "Not consuming enough protein during the day can be a primary reason for fatigue. Protein-based foods provide the body with fuel to repair and build tissues."

Try to begin a set sleep schedule in order to be as well rested and energetic as possible at work. Your coworkers and bosses will definitely appreciate being around someone who is **fresh** fully prepared to take on each day.

The transition from college student to working professional doesn't have to be scary; it can be an exciting journey! If you begin to transition your wardrobe, work toward organization and focus on your health, this change will be much easier. Always remember to work hard and live each day to the fullest.

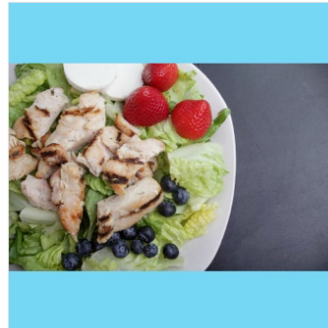


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