

Counselling and Psychological Services

The Official Newsletter of CAPS at Duke Kunshan University



Congratulations to the Class of 2023!

Class of 2023, congratulations on your graduation and best wishes for your next adventure! We are proud of your achievements, but even more proud of the person you have become. All the hard work you have put in has paid off! We are amazed by the resilience you have demonstrated during the COVID-19 pandemic, and we cannot wait to see what is next in your journey! While graduation is such an exciting event, it is also completely normal to feel nervous or anxious about the uncertain future. Hopefully, the following content will help you with recognizing and coping with these emotions while you celebrate your graduation!



GRADUATION

Signs of Post-Graduation Anxiety

- Lack of motivation
- Feeling worthless or guilty
- Loneliness
- Overwhelm, especially related to the next steps
- Feeling sad or down
- Isolation or wanting to isolate oneself
- Not enjoying activities that were previously enjoyed
- Poor sleep, whether it be difficulty falling asleep or staying asleep
- Appetite changes
- Lower than usual frustration tolerance
- Feeling sluggish or super jittery
- Intense fear or expectation things will not go well in the future

Congrats
CLASS
OF
2023

How to Prevent Post-College Anxiety

- Set up informational interviews
- Identify where you want to apply for jobs
- Find job fairs
- Start to understand your student-loan situation
- Utilize resources that your school offers
- Develop a social network in the city you plan to live in
- Develop solid self-care skills

What Causes Post-College Anxiety?

- Pressure of finding a job
- Moving back in with parents
- Feeling a failure to launch
- Changes in friendships (friends scattering, not seeing them)
- Student debt
- Comparison with friends
- Overwhelmed with next steps and changes

How to Cope With Post-Grad Anxiety: 10 Tips

1. Consider Therapy
2. Avoid Comparing Yourself With Others
3. Practice Self-Kindness & Self-Love
4. Reach Out to Friends
5. Get Some Exercise/Movement
6. Don't Be Too Hard on Yourself
7. Recognize That Transitions Are Difficult
8. Find a Support Group/Networking Group
9. Take Good Care of Yourself
10. Confide in Trusted Family & Friends



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