

### 01 TRANSITION GUIDE:

Which strengths will you leverage? What will be helpful to boost?

### 02 SCENARIO:

A fellow graduate tells you they have made a mistake at work and they're feeling terrible about it. How would you typically respond? What would you say in these situations?

### 03 SUPPORTS:

Who will ideally be part of your support crew? What will you do to sustain those relationships (if relevant)?

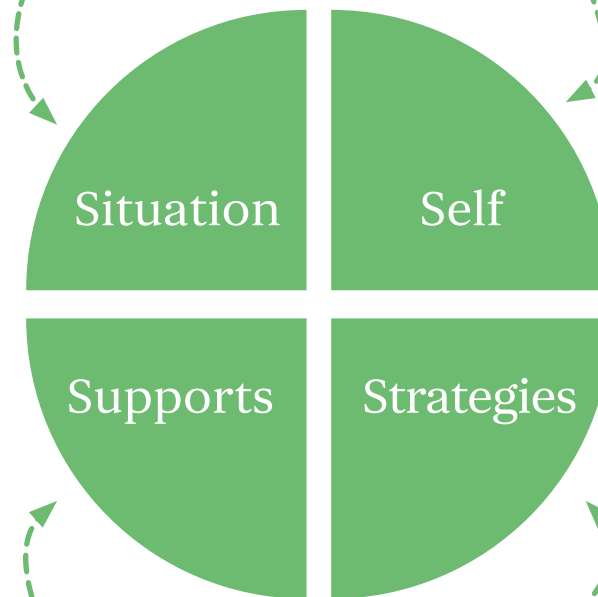
# GRADUATE TRANSITION PROGRAM WORKSHOP: CHANGEABILITY

### 04 INFORMATION SEEKING

## THE 4S'S OF TRANSITION

- Is the situation expected or unexpected?
- Do I have other concurrent stressors going on in my life?
- Have I had a similar experience?
- What's in my control?
- If I can't control things, what can I influence?

- Who in my network can I ask for support?
- Is the support meeting my needs?
- Do I need to broaden my support network?
- Have I been honest with those in my support network about what's happening?
- When and how is best to ask for support?



- How am I responding?
- How are my stress levels? What do I notice?
- How are my energy levels? What do I notice?
- Am I being realistic?
- How optimistic am I feeling?
- Am I giving myself a hard time or doubting myself?
- What do I need right now?

- What previous strategies have I used that have helped me through similar situations?
- Are there strategies that I have been under-utilising that would be useful right now?
- Do I need to wait and gather more information before acting?
- Am I remembering that all transition periods take time?

# MY ACTION ITEMS

