



# THE COMMUTER CHRONICLE

Buffalo State Student Life Office

## Tips for a Successful College to Career Transition

**Congratulations to the seniors graduating this May! Below are some tips on how best to handle the transition from college life to work life.**

**Expect your social schedule to change.** Working eight or more hours each day takes some getting used to. You may not be able to go out with friends several nights during the week, or stay up until midnight every night like you did in college. Early on, make sure to create healthy work habits that will contribute to career success.

**Create and stick to a personal budget.** If you're out on your own for the first time, it's important to create a budget to figure out how much disposable income you'll really have each month after all the bills are paid.

**Keep challenging yourself.** If you find yourself bored or unchallenged at work, talk to your supervisors about taking on additional assignments or getting involved in professional development activities.

**Remember that this job will not be your last.** Most people don't retire from their first job out of college. It's important to always be thinking about your next move, even if you enjoy your current position.

**Stay up to date!** Be sure to follow the Student Life Office on social media.

Student Life Office at Buffalo State

@BSCstudentlife

@buffalostatestudentlife

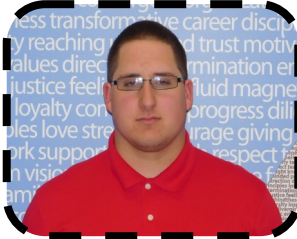
bscstudentlife.tumblr.com

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*Pictured Above: The Commuter Ambassador Program and commuter students at Commuter Appreciation Week!*

## Get to know the Commuter Ambassadors! Featuring: Adam Pomietlarz



*Adam is in his junior year at Buffalo State and is a History and Social Studies major who also minors in Coaching. When not attending commuter events, you can find him at his favorite place on campus, the Butler Library. Off campus, Adam is involved with the WNY Umpire Association.*

## This Month's Commuter Tip:

Get your car ready for spring! Finally, the snow has melted and we are onto clearer weather. Prepare your car with these tips:

1. **Get your car washed.** The salt and debris from winter can wreck havoc on your car. Make sure to get it washed at the car wash or better yet, wash it by hand!
2. **Check your wipers.** Most wiper blades need to be replaced after a long winter due to damage from snow and ice. Test to see how they are working and replace, if necessary.
3. **Check your tires.** If you put winter tires on your car, now is the time to switch them out for regular/summer tires. In addition, make sure they are properly inflated to prevent any damage to your car when driving.

## Commuter Rewards Card



Have a full rewards card? Don't forget to turn in in to the Student Life Office in Campbell 400! Every card that is returned will be entered into a raffle to win some prizes!

**Enjoy free food? Join us at our last Commuter Connections breakfast of the semester from 8:15am-9:30am on Tuesday, May 2nd in the Fireside Lounge! Come get some free food and see fellow commuters before your summer break!**



**Congratulations to the two graduating commuter ambassadors, Samantha Katus and William McDermott! Best of luck on your future endeavors!**