

# — WHATS NEXT? —

This month's newsletter is geared towards Juniors and Seniors who are looking ahead to the end of their time at Moody and asking, "What's next?" To relieve some of that pressure and stress, here are some tips to help prepare your mind, heart, and soul for this next exciting chapter of your life!



## **Prioritize Processing.**

Whether by journaling, painting, or talking with a friend, be sure to make intentional time to outwardly process your fears, excitements, and questions about post-grad life. It's imperative to give yourself space to verbalize your emotions so as to avoid feeling totally overwhelmed and unprepared once your graduation date approaches.

## **Focus on Community.**

Although the end is in sight, you're not out of the woods yet! However, just as important as it is to keep working hard at your academics, it is also extremely important to not self-isolate. Many Seniors find themselves "checking out" mentally and emotionally the last few weeks of school, so be sure to focus on community and enjoy every minute you can with those around you!

Don't skip out on cherishable times with friends and floor mates, like bro/sis events, church events, trips with friends, or even things as little as movie nights! You'll be glad you went!



## Don't forget to Worship!

It's always easier than we expect it to be to put our relationship with the Lord on the back burner. Set time aside for the Lord every day, for reading scripture, prayer, and other forms of worship such as praise through song or art.

Don't know what to read? Start with a Psalm! Each genre of the Psalms will serve as a great reference point for your worship, whatever the tone.

## Psalms Genre Reference

### Songs of Praise

Ps. 24, 29, 46,  
47, 48, 76, 84,  
87, 93, 95, 96,  
97, 98, 99, 122.

### Thanksgiving

Ps. 18, 30, 32, 34,  
40, 65, 66, 67, 68,  
69, 70, 71, 72, 73,  
74, 75, 92, 107, 116,  
118, 124, 136, 138.

### Lament

Individual: Ps. 3, 13,  
22, 31, 39, 42, 57, 71,  
88, 120, 139, 142.  
Communal: Ps. 12,  
44, 80, 94, 137.

### Wisdom

Ps. 36, 37, 49, 73,  
112, 127, 128, 133.

### Songs of Trust

Ps. 11, 16, 23, 27, 62,  
63, 91, 121, 125, 131.



## DON'T BE AFRAID TO ASK FOR ADVICE.

When struggling with nerves on how you're going to find a job, get an apartment, and overall face the drastic shift of life situations, don't be afraid to ask for help! Here's some people/groups you can reach out to for guidance in these, and many other, areas:

- your Church
- professors
- academic advisors
- Moody Career Services
- floormates/friends
- your boss
- guardians/mentors
- Counselor



## Have Fun!

Despite the approaching life changes that graduation brings, don't forget to have fun during your last semester at Moody in Chicago!

Chicago's Event Calendar for 2023:  
<https://www.timeout.com/chicago/events-calendar>



## + RESOURCES

Moody Counseling Services: [counselingservices@moody.edu](mailto:counselingservices@moody.edu)

### Moody Career Services:

For guidance in Resume building, job searching, and other career related topics, contact Pat Friedline at: [patrick.friedline@moody.edu](mailto:patrick.friedline@moody.edu)

Free Budgeting Apps:



Good-budget



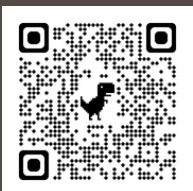
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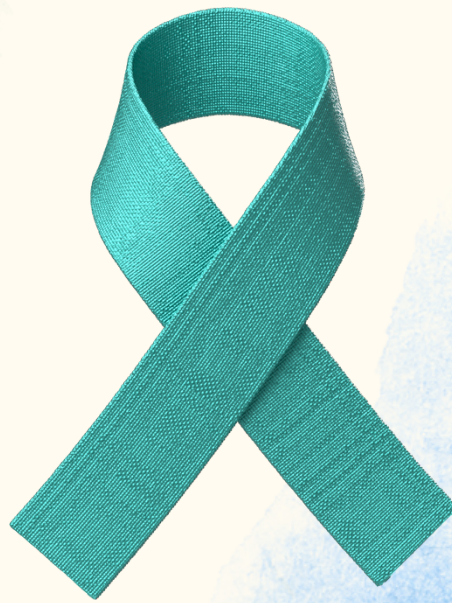
Personal Capitol

First Apartment Tutorial

Tips for Buying a Car



**APRIL  
SNEAK  
PEAK**



**April is Sexual Assault Awareness & Prevention Month!**

**Join us for National Day of Action on Tuesday, April 4th!**



**Be sure to wear teal  
in support and for a chance to win a \$100 Chick-Fil-A  
gift card for your bro/sis!**

**More Info to Come!!!!**