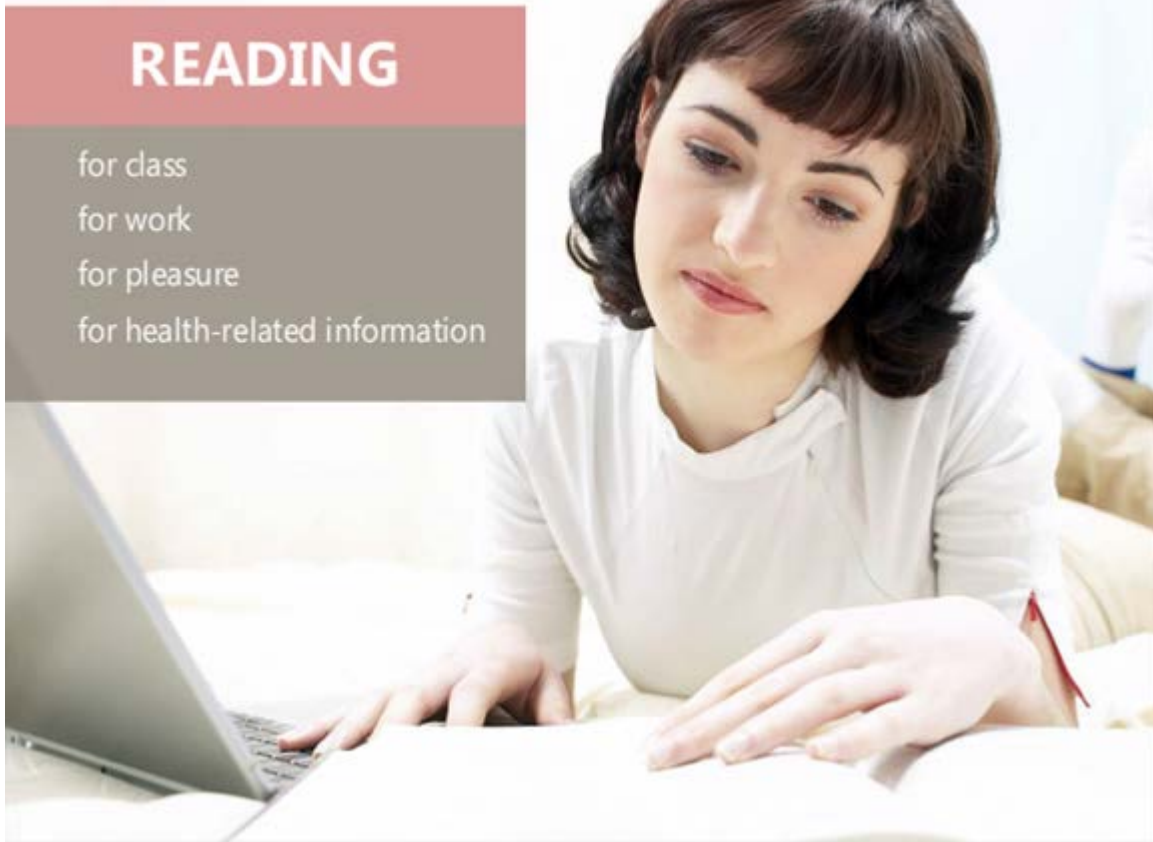


## Module 8: A Drive Through the Community Topic 4 Content: Staying Healthy After High School

### Transitioning into College or a Career



The transition into college or a career will prove exciting, but sometimes challenging. Colleges have resources to support your academic decisions, and careers will also support your professional development. Recall that in previous modules, you learned that a healthy mind and a healthy body go hand in hand. In this next phase of life, you will do a lot of reading. Sometimes this reading will be for classes or for work, and other times, it will be for pleasure. Make sure some of your reading allows you to stay in touch with new health-related research, which will provide you with insights on how to continue living a healthy lifestyle.

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### Using Technology



Becoming comfortable with technology in college and in your career is also essential. This includes use of word processing programs, apps, the Internet, and specialized equipment related to a chosen major or career path. Remember to also continue using technology you have incorporated into your healthy lifestyle as part of this Health and Physical Education course. For example, remain active and monitor your fitness by using an exercise tracking device or system, like a gaming console, watch, wristband, pedometer, mobile application, or software program. Consider what technologies you already enjoy using, and keep a lookout for others you feel may benefit you in the future.

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#### Social Activities



Similar to how you learned to participate in physical activity with others throughout this course, keep in mind that college and career settings are social. Communicate with your peers and colleagues, and help lead them toward a healthier lifestyle. Your college will have opportunities to play sports competitively, recreationally, or in a club. When you consider where you want to pursue your education, also determine whether some of the fitness activities you learned through this course are available for you to do in college. If you choose a career, perhaps your company will have a gym on site or nearby. Maybe your colleagues have even developed seasonal softball, kickball, or flag football games. If you do not see these opportunities available, consider taking the lead and making them available to yourself and others. Maintaining access to fitness opportunities is critical to your social and emotional health and well-being. In fact, it reduces anxiety and depression, and makes you feel better emotionally, sleep better, have more energy, gain higher self-esteem, and enhance your mood and concentration. All of this in turn will enable you to focus on positive relationships, your job, or school.

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#### Planning Ahead



Regardless of whether you choose a college or career path after high school, you will need to continue setting goals and managing your time. You may also have to consider new financial decisions. For example, how will you pay for college, bills, a gym membership, healthy meals, and a social life? Many scholarships and financial aid programs are available to college students, and you may even be able to get a job on campus. There will also be a financial aid office at your college. This is a resource where you will find people to help you complete necessary forms, and determine when you will receive financial aid. Make sure you also look into federal student aid offered by the U.S. Department of Education. It exists to help students pay for tuition, room and board, books, school supplies, transportation, and a computer. Similarly, your job may offer support for insurance, healthcare, and retirement. Although you will inevitably have to balance assignments, projects, and a social life, remember to fit fitness, nutrition, and a healthy lifestyle into your daily plans.

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#### Conclusion



Whether you decide to choose a career after high school or after college, this choice is important to think about now. By remaining involved in school activities and community activities that seem interesting, you will be exposed to many potential careers. You can explore these by working or volunteering. Remember, the quality of the activities you choose is more important than the quantity.