

ment for mind and body, and you'll need to make a conscientious effort beyond graduation to maintain the same sharp intuitive skills and leisure time patterns you've developed on campus. Your "maintenance education"—to coin a phrase—will keep you physically and mentally fit.

Let's take a look at some of the things you can do after you graduate, to continue what you started four years ago:

**Take Extension Courses** In nearly every community you'll find after-hours classes offered in every discipline imaginable, from wine tasting to Greek tragedy to, well, origami. Classes run anywhere from one to a dozen sessions at fees ranging from zilch-zippo-nada to about \$100. These adult extension courses are a great place to learn a thing or two about off-the-beaten-path subjects, and you'd have to look long and hard to find a better place to meet people of like age and interest. If you're in a small town, your local library should offer a similar service.

**Work Out** It's not the easiest thing in the world to stay in shape off campus; there's no 24-hour gym at your disposal, no assortment of similarly-inclined recreationalists looking to get together a game of softball or touch football. You'll have to



work hard to work out. Join a gym or a health club, and enroll in one of their regularly-scheduled classes. It's a great way to enforce the habit of staying in shape. Remember: a sound body is the best place to store your sound mind.

**Read** That's right, read. A lot. It's important to continue the good habits you've developed in school as part of your maintenance education. Read as much as you can, whenever

you can—books, magazines, newspapers, anything and everything that holds your interest outside your field. It's a good idea to subscribe to a couple of publications to help you stay on top of developments in several areas, and to read your local newspaper and a major national newspaper on a daily basis. No one will make you do this—there are no "pop" current events quizzes in the nine-to-five world—but you'll be a better person if you develop the habit early on, and stick with it.

**Amuse Yourself** Get out of the house, have some fun. Go to movies, plays, museums, concerts. It's easy—isn't it?—to walk down to the campus gallery or theater or conservatory and take in some culture. It's less easy once you graduate, but a small effort will pay great dividends throughout



your adult life. And besides, you'll need to have something to talk about at cocktail parties.

**Get Involved** In anything that sparks your interest. In community issues, in local politics, in neighborhood social events. Go ahead, coach that little league team, or that girl's soccer squad you've always dreamed about leading to the county championships. You're going to have to make a concerted effort to pursue community-oriented activities once you're out of school, but your community, and you yourself, can stand the effort.

In all things, you'll need to enforce a discipline that might have been lacking during your college years.

The work you'll do, as important as it will be to you and your sense of self-worth, is not enough to sustain a well-rounded individual. You, or most of you anyway, have had a well-rounded education, and you'll have to make your own effort to maintain and apply that education toward a well-rounded adulthood.

## CASE IN POINT

Helene Galdor, 25, was always going to be a lawyer. She studied long and hard for her LSAT exams, scored high, and earned admission into several of the country's top law schools. Sounds like a dream come true, right? Well, not exactly.

"I hated it," Galdor recalls. "I'm sitting there, in one of my classes that first week, and I'm thinking, 'What am I doing here?'" By the end of that first semester, Galdor still couldn't figure out what she was doing chasing a law degree, and applied for a leave of absence from the program.

"It's funny," she now says, "but all your life you're groomed to do one thing and one thing only. My father was a lawyer, and his father was a lawyer, and there never was any question that I wouldn't be a lawyer, too. It was all one big going through the motions of a career, until I realized, hey, this isn't for me."

The leave of absence soon merged into a withdrawal as Galdor convinced herself, and then her family, that the legal profession could make it just fine without her. But even that didn't solve her career problems; it just created new ones. "That was one of the hardest things I ever had to do," she says. "All of my undergraduate courses were political science, history, some English, but nothing that prepared me for any other type of work. It was as though I was starting all over again, from scratch."

Galdor did remember an introductory psychology course she took during her Freshman year, and thought maybe a career in some area of mental health would be right for her. While she worked at assorted day jobs (waitress, temporary secretary, sales clerk), Galdor enrolled in night courses at a local university to acquire the undergraduate credits necessary to pursue a clinical psychology doctoral degree.

After a year of part-time work and classes, Galdor went back to school full-time for concentrated work in biology, psychology and statistics courses, and she worked part-time in a laboratory setting under the tutelage of one of her psychology professors. "I was lucky," she says, "in that I didn't have to worry too much about money. My parents were pretty good about helping me make this transition as quickly as possible. If I had to do this about-face totally on my own, it would have taken a lot longer."

Last summer, after a year-and-a-half professional turnaround, Galdor was accepted into a clinical psychology Ph.D. program, and she is now completing her first year of study. Had she remained in law school, she'd now be looking toward graduation, a first job, and a bar exam she never really wanted to take. Instead, she's got another "five, six, or seven years" before she earns her degree.

"I run into people I went to school with, or people I grew up with, and they can't believe what I'm doing," she says. "I guess people categorize other people the same