

# ***ATHLIFE***



## **3 Steps to Graduate School**

The following three steps will help you learn more about your education and career goals and determine if a graduate degree is the right decision.

1. **Know Your Why** - Explore your interest in pursuing a graduate degree and how it will affect your career and life.
2. **Know Your Goals** - Explore your career goals and important job factors to see how a graduate degree will help you.
3. **Know Your Industry** - Explore your career industry to determine if a graduate degree fits with your career goals.

Click [here](#) for more information, including action items, and contact your AthLife Advisor if you would like to work together on any of the three steps.

# Time Management Tips

Do you have trouble making productive use of your time without feeling overwhelmed? Good time management skills will help you work smarter, not harder, and get more done in less time. Read our new [AthLife Info Sheet](#) for some time management tips to help you be more efficient in your personal life as well as your career. One tip is to utilize an online calendar, which can be a game changer!



## Good Reads

- [How to Improve Your Problem-Solving Skills](#)
- [How to Complete Your Homework in College](#)
- [How Constructive Criticism and Compliments Aid in Growth](#)
- [Job Titles and Your Job Search 101](#)

## Author Spotlight

Congratulations to Dr. Chas Fox on the release of his book, [How to Turn Your Idea Into a Successful Product](#). Dr. Chas Fox, a former NFL player, is the CEO of Micro-Mark and has introduced over 1000 successful products in his career. His new book provides insight into how to succeed with your new product today, including a guide and options to consider to take that idea to fruition.

