

ATHLIFE



Tips to Ace Your Mid-Term Exams

Midterms are coming up soon! Review the study tips listed below to ensure that you ace them and [click here](#) to read more.

- **Take it one test at a time** - make a study schedule plan for your exams and stick to it.
- **Use study guides to understand the main concepts** - ask your professor for a study guide or make your own - test yourself to make sure you know the material.
- **Ask for help** - make use of the virtual office hours held online by your professor or teaching assistant or reach out to them directly with questions.

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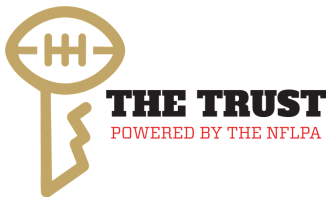
ATHLIFE STAR

GOOD READS

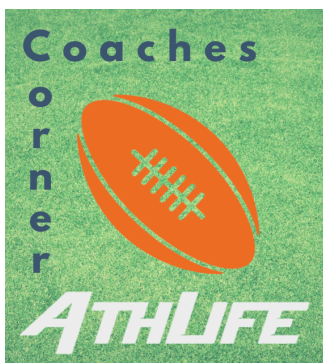
At-Home Networking Strategies

While networking remains the top way to find a job, it's more challenging now as we continue to work from home. Try the following strategies to network from home and click [here](#) for more information.

- Reach out to your current connections (friends, neighbors, coworkers, etc.) - ask one of them to introduce you to someone in your preferred field for a career conversation.
- Make new connections by researching others in your desired career field (ex., use LinkedIn) - then send a short, personalized email to set up a time to talk.
- Maintain your connections - spend time to keep up with your connections offering congratulations or comments on their professional posts - networking is a two-way street.



***NEW* The Trust Coaching for Success Workshops** - Be on the lookout for a NEW professional development series for current and aspiring coaches at any level. The first online workshop will be held in **November**. Check your email or the [Trust website](#) in the coming weeks for a registration link.



If you're a coach or interested in coaching, **Coaches Corner** is a great resource to connect with other coaches for professional development ideas. Questions or to sign up, please email Tracy Bareither at tracy@athlife.com.

Professional Athletes Transition Study

“Former NFL Players, we’re calling on you!” Former NFL receiver Jeremy Kelley is seeking your assistance in an ongoing study on the professional athlete's transition. The purpose of this short study is to identify specific indicators that play a critical role in one’s transition, for better or worse. Through multiple choice questions, your experiences and testimonials, Jeremy will look to move the needle in providing athletes a smoother transition by way of those who have walked that road. To participate in this survey, please click on the following link: [Player Transition Survey](#). Thanks in advance for your help!



AthLife Star



Don Davis, Senior Director of Player Affairs for the NFLPA, successfully defended his PhD dissertation in September, virtually of course! (see the photo, right) Congratulations, Dr. Davis! Don will graduate from George Washington University's Executive Leadership Doctoral Program in Human Organizational Learning and has utilized the Trust Scholarship to fund his degree.



DON DAVIS - ATHLIFE STAR

Good Reads



- [Balancing Life, Work, and Graduate School](#)
- [Four Tips to Overcome Procrastination](#)
- [This Is What Your Resume Should Look Like in 2020](#)
- [Steps to a Better LinkedIn Profile in 2020](#)
- [Work-From-Home Burnout Is Real - Here's How to Recover](#)
- [Here's How to Diversify Your Network](#)
- [Everything You Need to Vote](#)