

# AthLife

## May is Mental Health Awareness Month

End the stigma. Make it **OK**

Mental health includes our emotional, psychological, and social well-being and affects all aspects of our lives. It is especially important today given the challenges created by the pandemic. Please review [The Trust website](#) for mental health resources and be well.

## Trust Scholarship News

The next Trust Scholarship application period will open soon for Fall 2021 term enrollment. Schedule an [appointment](#) now with your AthLife Advisor to get started on the process.

### Quick Info

#### SCHOLARSHIP APPLICATION DEADLINE

June 25

#### ADVISOR APPOINTMENTS

[Click here](#)

- If you were awarded the Trust Scholarship during the Spring application period, you are required to read and acknowledge the terms and conditions of the scholarship in order to use your award. For more information, please review the [Scholarship FAQs](#) on the Trust website.
- For tuition payment, please send your tuition invoice by the start of the term. Include your student ID and the direct mailing address for the institution's accounting office, to Madison Bryson at [madison.bryson@playerstrust.com](mailto:madison.bryson@playerstrust.com). Invoices must be submitted for payment prior to the end of the current term.

# Congratulations Class of 2021

Congratulations to all of our Spring graduates! We are so proud of you and the time and effort it took to complete your education program. If you haven't already done so, please update your AthLife Advisor if you have graduated or completed your vocational/certification program. Way to go grads!



## Summer Productivity Tips

Summer is a great time to get out there and get your foot in the door! Whether it's volunteering at summer football camps/clinics or other organizations in your area, getting involved in your professional association, or even taking a **MOOC** course, there are many ways for you to grow professionally this summer and set yourself apart. Read **5 Tips for Getting Your Foot in the Door in any Industry** for more suggestions, including tips for staying on top of trends in your industry - also great topics for networking conversations.



- **Position Clinics** - The American Football Coaches Association is hosting an inaugural position-specific football clinic from May 17 - 27. It is a free **virtual** clinic that is available to AFCA members. Each day will focus on one position. Please **click here** for more information.
- **Coaching & Scouting Fellowships** - If interested, apply **NOW** while spots are still available, and be sure to utilize any of your team contacts. Click on the Fellowship name below for more information.
  - **NFL Bill Walsh Diversity Coaching Fellowship**
  - **Nunn-Wooten Scouting Fellowship**
- **NFL Foundation Grants** - Click **here** for information on grants available to current and former players, including youth & high school football grants, coaching grants, and social justice grants. Any questions, please contact the **NFL Foundation**.



# A t h L i f e S t a r



Congratulations to **Joey Thomas**, our May Star of the Month! Joey is an Assistant Football Coach at Florida Atlantic University in Boca Raton, Florida. He joined FAU in the Spring of 2020 as an analyst after spending time as a coach at Fort Scott Community College in Kansas and several years coaching in the high school ranks in Seattle. Joey was promoted to a full-time assistant coach at FAU earlier this year and coaches the wide receivers. Prior to his current FAU coaching position, Joey worked with his AthLife Advisor Maria Krauel on both education and career advising.



JOEY THOMAS  
ATHLIFE STAR



## Good Reads

- **[31 Tips to Boost Your Mental Health](#)**
  - Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
  - Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
  - Set up a getaway. It could be camping with friends or a trip to the tropics. The act of...**[read more...](#)**
- **[Digital Spring Cleaning Tips to Clear Your Device Clutter](#)**
- **[Building Your Coaching Network](#)**
- **[9 Tips to Turn Networking Contacts into Meaningful Relationships, From a Serial Connector](#)**
- **[A Complete Guide to Answering “Tell Me About Yourself” During an Interview \(Plus Examples!\)](#)**

