

ATHLIFE

“Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles, and less-than-perfect conditions. So what? Get started now. ”

- Mark Victor Hansen



Thinking About Graduate School?

Graduate school is a big commitment on many levels. Before you decide to pursue a graduate degree, take some time to answer the following three questions to make sure you're ready.

- Do you know what graduate degree you plan to pursue? You should have a clear understanding of what you want to study and why.
- Will a graduate degree help your career? Research your career field and job requirements to determine if an advanced degree is needed to move forward.
- Are you prepared for graduate school? Review the academic requirements and also consider if you have the time and resources needed to complete a graduate degree.

Click [here](#) for more information to help you decide if graduate school is the right decision.

Leadership Matters

Regardless of where you are in your professional journey, leadership is something we all are capable of and need to showcase as we move up in our careers. Anyone in any position can lead – it's more of a mindset than a position.

A recent article highlighted the following 10 characteristics important for a good leader: integrity, delegation, communication, self-awareness, gratitude, learning agility, influence, empathy, courage, and respect. For more information on these top leadership qualities, read [What Are the Characteristics of a Good Leader](#).

AthLife Tip of the Month - Networking

Networking is an important part of professional growth and development. Schedule lunch, coffee, or even a call with someone from a different team or area of your job whose work interests you. This can help you build relationships at work and get on people's radar for new opportunities.



Time to Up Your Public Speaking Game?

Public speaking is a key skill that everyone will need at some point, whether it's in the classroom or on the job. So why not be prepared! Review the tips listed below to build confidence and improve your public speaking skills.

- Take time to practice your presentation, then practice some more.
- Do not read your presentation directly from your note cards or slides.
- Know your audience & plan your presentation style accordingly to keep them engaged.
- Keep it honest and genuine which will help you connect with your audience.

Click [here](#) for more public speaking tips from our AthLife Fundamentals article.



Good Reads

- [12 Pieces of Advice for New Grads That Everyone Should Take](#)
- [10 Qualities of a Great Leader](#)
- [10 Tips to Help You Network Like a Pro](#)
- [Successful Online Learning Tips](#)
- [Balancing Life, Work, and Graduate School](#)

