

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



Trust Scholarship News

Interested in continuing education? The next Trust Scholarship application period opens in September and will cover 2023 enrollment starting with **January 2023**. Schedule an appointment with your [AthLife Advisor](#) for more information and to get started on the process.

Did you just apply for the Trust Scholarship? If you applied for the scholarship during the Summer application period, award notifications are scheduled for Friday, July 29th via an email from The Trust.

Have you submitted your Summer term tuition invoice? For tuition payment, please send your official tuition invoice, including your student ID and institution's accounting office mailing address, to madison.bryson@playerstrust.com. Invoices **must** be submitted **prior** to the completion of the term for which the payment will be made. Please allow up to two weeks for payment.

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.

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.



Leadership Matters

Regardless of where you are in your coaching 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?](#) If you need assistance in identifying or communicating your leadership skills to others, schedule a call with your [AthLife Advisor](#).

★ AthLife Star of the Summer ★



Dr. Robert Hammond

Congratulations to Dr. Robert Hammond for earning his EdD doctorate degree in Community College Leadership from New Jersey City University! Robert utilized the Trust Scholarship to help fund his doctorate program which he started in August 2019 and completed in May 2022. His dissertation focused on policy programs to help the lower-income population. Robert is on the faculty at a community college in New Jersey teaching business courses and is the recipient of the Adjunct Excellence Award. Previously, Robert coached in the NFL for 14 years and has been active in working with youth mentoring and nonprofit programs in his area. Way to go, Robert!

Good Reads



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

