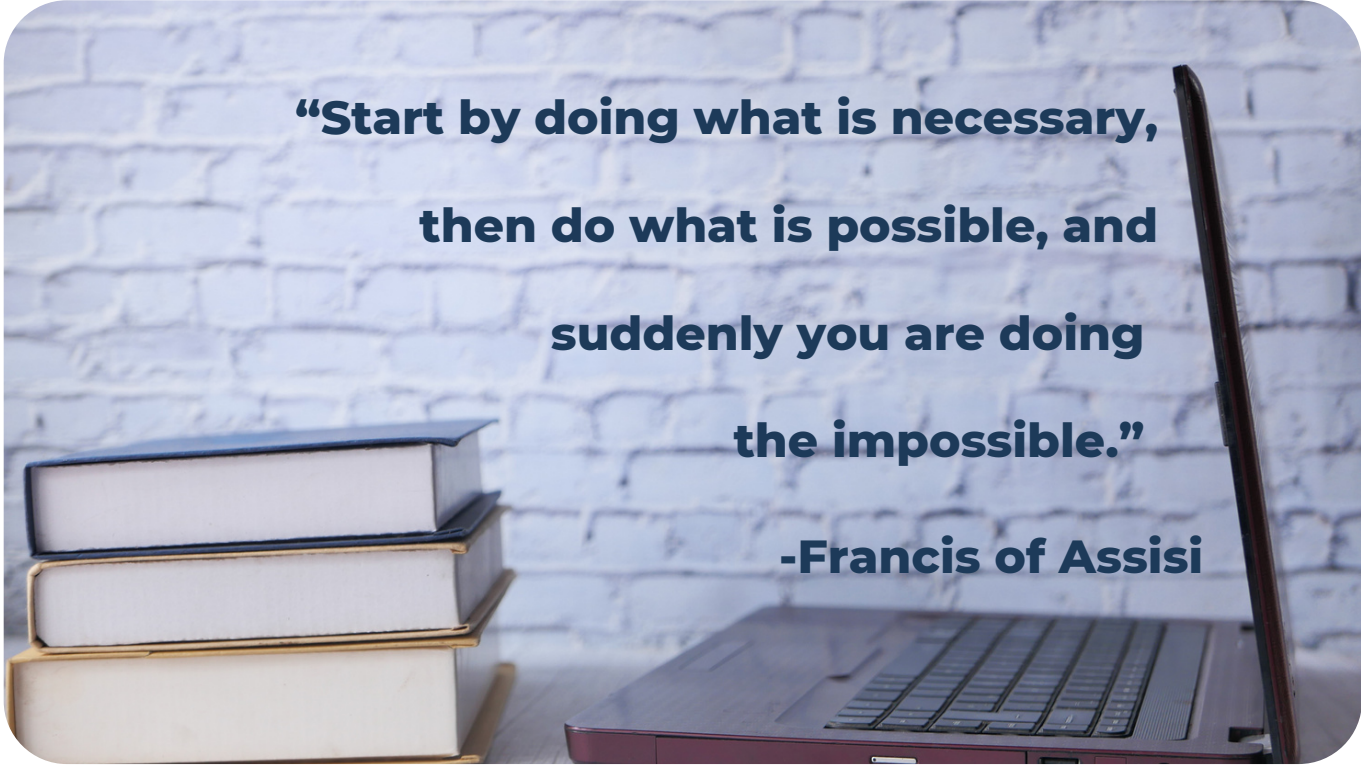


# ATHLIFE



**“Start by doing what is necessary,  
then do what is possible, and  
suddenly you are doing  
the impossible.”**

**-Francis of Assisi**

## Tips for Back to School Success

Are you returning to school this Fall? Whether you are working on a degree, professional certification, or a vocational program, congratulations on making the decision to continue your education! Keep in mind the following tips for academic success.

- **Communicate** - Talk to your professors or instructors and make it a point to get to know them from the start.
- **Balance** - Find ways to balance and manage your time between family, work, and school responsibilities.
- **Resources** - Review and utilize the academic resources that your school offers that will set you up for success, such as tutoring, the writing center, or study groups.
- **Budget** - Make a plan for all of your educational expenses and find ways to save money, such as used or rental textbooks.

Click [here](#) to read more tips from our AthLife Fundamentals article.

## Making a Great First Impression

Have you heard the expression that first impressions can make or break you? Well, it's true! That first meeting, whether it's on the phone, at a networking event, or in an interview, is crucial. Follow the five tips listed below to make a great first impression. Click [here](#) for more details from our AthLife Fundamentals article.

- Do your research - Know whom you are meeting with ahead of time.
- Understand what your body language is saying - Show confidence and comfort.
- Be self-aware - Reach out for feedback from friends on how you come across.
- Find common ground - Look for shared interests to help with small talk.
- Follow up - After the meeting, remember to send a thank you note or email.



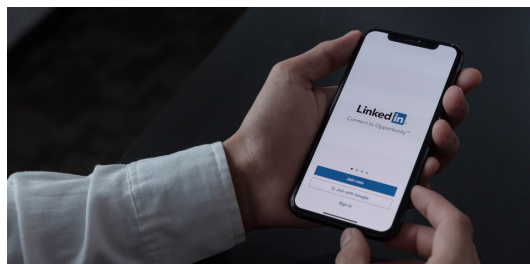
## Good Reads

- [Step-by-Step Guide to Making the Perfect Resume](#)
- [10 Professional Networking Conversation Starters](#)
- [8 Killer Ways to Make a Good First Impression](#)
- [How to Improve Your Problem-Solving Skills](#)
- [Five Financial Tips to Save You Money When Going Back to School](#)

## Professional Benefits of LinkedIn

Did you know that LinkedIn has more than 800 million users in over 20 countries? LinkedIn is not only an excellent professional tool for networking and job search but also a great way to promote your personal brand. You can also research companies and join groups for career information and support. [Join LinkedIn](#) today.

Already have a LinkedIn profile? It may be time to update your profile to take advantage of all of the professional benefits that LinkedIn offers. Read [20 Steps to a Better LinkedIn Profile](#) for tips to strengthen your own LinkedIn profile.



## ★ AthLife Tip of the Month ★

Crafting a resume is an art, not a science. To make your resume stand out, consider swapping out common words with powerful action verbs! For example, instead of stating 'figured out' state 'evaluated'.

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## BACK TO SCHOOL

### KNOW YOUR DATES

Class start date, assignment due dates, test dates, quiz dates, etc.



### ASK FOR HELP

If you are stuck with understanding your course material or assignments reach out to your professors to ask for help

### CREATE A DAILY TO-DO LIST

List out all the tasks related to each class such as logging into your class, reading assignments, etc. each day so you can stay on top of your coursework



### STAY AHEAD

Don't wait to the last minute to complete assignments

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