

# ATHLIFE



“Attitude is the ‘little’ thing that makes  
a big difference.”

-Winston Churchill

## Trust Scholarship Updates

- **Scholarship Period Opens** - The current Trust Scholarship application period covers **2023 enrollment** and closes on October 21st with a Phase 1 application deadline of October 14th. Schedule an appointment now with your [AthLife Advisor](#) to get started.
- **Scholarship Reapplicants** - Those already awarded the scholarship for degree-seeking programs, who have used their 2022 awards, will be automatically renewed for 2023 **for the same degree-seeking education program only**. If you were awarded for a vocational or certificate program, you will need to reapply for the scholarship. Any questions, please schedule a call with your [AthLife Advisor](#).
- **Tuition Payments** - Please send your Fall tuition invoice to Madison Bryson at the Trust ([madison.bryson@playerstrust.com](mailto:madison.bryson@playerstrust.com)) now or before the end of the current term. You should include your student ID number and the institution's finance office mailing address. Please allow up to two weeks for payment and contact Madison with any questions.

## Steps to Balance Life, Work, and Graduate School

Congratulations on your decision to pursue a graduate degree! Have you thought about how you will balance school along with your other responsibilities? Follow the steps below to ensure success in graduate school.

- First, **acknowledge** that life will change and your priorities may need to shift.
- Next, **talk** with those who will be impacted by your decision and ask for support.
- Finally, put **strategies** in place for balance, such as time blocking on your calendar.

[Click here](#) for more details from our AthLife Fundamentals article.

## Tips to Finish Your Goals

As we enter the fall season, now is a good time to review your goals and make a plan to finish them. Follow the tips listed below to help check goals off your list!

- **Don't expect perfection** - be prepared for difficult times and setbacks.
- Focus on your **progress** - acknowledge your hard work and how far you've come.
- Break your goal into **smaller goals** - this will increase your confidence and success rate.
- Don't be afraid to **make changes** - adjust and adapt your goals as needed.

For more information, [click here](#) to read the entire AthLife Fundamentals article.

## The Coaching Journey



The essence of coaching is to inspire others and maximize their potential. Although each coaching path is different, it is essential to see the journey and not the destination. Below are some tips for coaches to gain a better perspective and help navigate their careers.

- Prepare for the high-level job by gaining skills through different experiences.
- Value high school coaching and the opportunities it provides to learn to teach.
- Learn how to problem solve and adjust to different situations.

Read more about [The Coaching Journey](#) in our AthLife Fundamentals article.

With over 25 years of coaching experience, Michigan State's Head Football Coach Mel Tucker credits his coaching journey to humility and perseverance. "When you see people that are successful, do what they do. I might use it a little differently, but there's nothing new here. I haven't invented anything. I'm just implementing things that I've learned along the way. Success leaves clues. All you must do is pay attention." [Click here](#) to read more from Coach Tucker about his coaching journey.

# ★ AthLife Star of the Month ★



Congratulations to **Mohamed Massaquoi** who recently completed a Master of Arts in Industrial-Organizational Psychology from the University of Georgia! Mohamed is the founder of VESSOL, a consulting firm that improves how talent work together within organizations to drive business performance, and a strategic advisor on organizational change and team culture.

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### Shout Out

Shout out to **Drew Davis** on starting a new career as a certified life coach and consultant! Check out Drew's new business website - [Quality over Quantity](#).



## Good Reads

- [Successful Online Learning Tips](#)
- [Best Tips for Reading Textbooks in College](#)
- [The Importance of Getting to Know Your Professors](#)
- [6 Easy Networking Tips You Need to Know About in 2022](#)
- [How to Answer "Tell Me About Yourself" in an Interview \(Plus Examples!\)](#)

