

# ATHLIFE



**“We must accept finite  
disappointment, but  
never lose infinite hope..”**

**– Martin Luther King Jr.**

## Trust Scholarship News

- The Spring scholarship application period opens on **February 13th** and will cover **Summer and Fall 2023 enrollment**. Schedule an appointment now with your [AthLife Advisor](#) for more information on deadlines and to get started on the process.
- If you have an **active** Trust Scholarship award, send your official Spring 2023 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**. Please allow two weeks to process the payment and contact Madison with any scholarship questions.
- **Is it time to celebrate?** Please update your AthLife Advisor if you completed your program this past Fall term so that you can receive your special gift from The Trust!

## Strategies for Reading College Textbooks

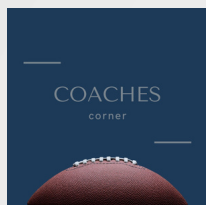
As you begin the Spring term, follow these [reading strategies](#) to get the most out of your college textbooks and help you succeed in your classes.

- Preview each chapter to get an idea of what it's about.
- Create questions from the headings and subheadings.
- Take notes as you read the chapter and try to answer the questions you created.
- Chunk your reading assignments into smaller, more manageable ones.
- Write a quick summary of the chapter and try to connect it to your lecture notes.

## Goal Setting Tips For 2023

The New Year is a great time to work on your professional development goals. Follow the tips listed below for setting goals and reach out to your [AthLife Advisor](#) if you need assistance.

- Start by setting [SMART goals](#) that are specific, measurable, attainable, relevant, and attainable.
- Once your goals are set and written down, develop an [action plan](#) with tasks and timelines needed to reach your goals.
- Reaching your goals can be challenging, so be prepared and [review these tips](#) on how to finish your goals.



## NETWORKING OPPORTUNITIES

You cannot escape the need to network in the coaching business. For post-season events, it's typically the days leading up to the event that provide the most fruitful networking opportunities, so plan ahead and be prepared. [Click here](#) for tips on how to prepare for a networking event, such as creating your 'Tell Me About Yourself' statement or setting goals. Contact your [AthLife Advisor](#) for assistance with networking strategies.

### Upcoming networking opportunities for coaches:

- January 28 - NFLPA Collegiate Bowl in Pasadena, CA
- February 2 - East/West Shrine Game in Las Vegas, NV
- February 4 - Senior Bowl in Mobile, AL
- February 5 - Pro Bowl in Las Vegas, NV
- February 12 - Super Bowl in Glendale, AZ
- February 25 - HBCU Legacy Bowl in New Orleans, LA
- February 27 - March 6 - NFL Combine in Indianapolis, IN
- The XFL and USFL provide additional opportunities to network, gain coaching experience, and contribute to a program.
- [XFL](#) - Season begins February 18
- [USFL](#) - Season begins April 15

## ★ AthLife Star of The Month ★



Congratulations to **Duane 'Scooter' Hawthorne** who recently completed a Master of Education degree in Teaching and Technology from William Woods University in Fulton, Missouri, with the help of the Trust Scholarship. Duane has close to 20 years of teaching experience and is currently a Health and Physical Education teacher at an elementary school in Missouri. He has already put his master's degree to use by implementing technology methods for better efficiency in his job. Way to go, Duane!

## Good Reads



- [Five Strategies for More Effective Networking](#)
- [Persistence and Success: Keys to Achieving Personal Goals](#)
- [Successful Online Learning Tips](#)
- [How to Decode a Class Syllabus](#)
- [The Importance of Getting to Know Your Professor](#)

## Upcoming Career Events

- **Trust Networking Event** - The Trust is hosting a Networking Event for active and former players, with local business leaders, at the City Club in **Los Angeles** on **Friday, January 27th** from 6-9 pm. [Click here](#) for more information and to RSVP for the event.
- **Player Networking Event** - NFL Alumni is hosting the 23rd annual Player Networking Event (PNE) for active and former players on **Thursday, February 9th** from noon to 8 pm at **Arizona State University**. [Click here](#) to learn more about PNE and to register via the **Event Flyer tab**.
- **Super Bowl Career Fair** - The NFL Player Care Foundation (PCF) is hosting its 5th annual Super Bowl Career Fair for NFL Legends on **Friday, February 10th** at the Renaissance Hotel in Phoenix and virtually on its career portal. [Click here](#) to register for the NFL PCF Career Fair; any questions, please email [nflplayercare@nfl.com](mailto:nflplayercare@nfl.com).

