

# ATHLIFE

A person is shown in silhouette, carrying a large, heavy rock on their back. They are walking up a sand dune towards the right. The background is a bright sunset or sunrise over a desert landscape, with the sun low on the horizon and casting a warm glow. The sky is filled with soft, golden clouds.

**“If there is no struggle,  
there is no progress.”**

**Frederick Douglass**

## Trust Scholarship News

- **Application Period Opens!** - The Trust Scholarship application period is now open for Summer and Fall 2023 term enrollment with a Phase 1 application deadline of March 3rd. Schedule an appointment now with your [AthLife Advisor](#) to start the process.
- **Spring 2023 Tuition Payment Info** - If you have an active Trust Scholarship award or your scholarship was renewed for 2023, don't forget to send your official Spring 2023 tuition invoice to Madison Bryson at The Trust ([madison.bryson@playerstrust.com](mailto:madison.bryson@playerstrust.com)). Invoices must be submitted for payment prior to the end of the current term. Please allow two weeks to process the payment.
- **Questions?** Please contact Madison Bryson at [madison.bryson@playerstrust.com](mailto:madison.bryson@playerstrust.com) with any questions about your Trust Scholarship award or tuition payment.

## Boost Your Professional Development in 2023

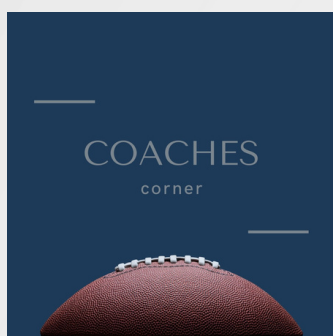
Make this your best year yet by implementing some of the [professional development ideas](#) listed below. It's never too late!

- **Listen More** - Practice active listening to build trust and respect and to learn more.
- **Fail to Succeed** - View failure as a way to grow and reach your goals faster.
- **Say No** - It's okay to say no to opportunities that do not align with your values or goals.
- **Practice Self-Awareness** - Take time to understand your strengths and weaknesses.
- **Maintain Perspective** - Adopt a positive mindset to create a path to success.

## Tips for Completing Your College Homework

Do you have trouble getting started on your homework or completing it on time? Use the [following study tips](#) to help you successfully complete your homework.

- **Study Space** - Create a place that is quiet and free from distractions.
- **Plan Ahead** - Post due dates in your calendar and prioritize assignments.
- **Strategize** - Start with your least favorite subject to reduce anxiety and build confidence.
- **Chunking** - Break down your assignments into smaller, more manageable units.
- **Incentives** - Reward yourself after completing a homework assignment.



## OFF-SEASON MOVES

As a coach, planning your off-season activities is key to getting the most out of it. Don't leave your off-season up to chance. Be strategic in everything that you do. There is a lot of value in participating in camps, clinics, and conventions. Review the tips listed below on honing your coaching skills and deepening your network in the off-season.

- **Build your resume & network** - Off-season camps and clinics are excellent ways to add relevant experience to your resume and deepen your network.
- **Be proactive** - Reach out to your contacts with ties to football teams to let them know that you're interested in off-season coaching opportunities and for more information.
- **Make the call** - Contact professional and college teams individually for their respective camp and clinic times during the off-season.

## AthLife Star of The Month



Congratulations to **Tony Mandarinich** who earned his bachelor's degree in December 2022 after a 33-year hiatus! Tony received a Bachelor of Arts in Communications from Michigan State University with the help of the Trust Scholarship. Tony is a professional photographer, keynote speaker, and entrepreneur. **Way to go, Tony!**



## Good Reads

- [The Best Questions to Ask During an Informational Interview](#)
- [College Student Self-Care - Taking Care of Yourself and Your Studies](#)
- [Take a Break and Increase Your Focus and Productivity](#)
- [Developing Computer Literacy - Accessible Resources to Increase Your Technology Skills](#)
- [Five Tips on How to Make a Good First Impression](#)

## NFL Coaching and Scouting Fellowships

Application periods for the NFL's Bill Walsh Diversity Coaching Fellowship and the Nunn-Wooten Scouting Fellowship will open in March. These are great opportunities to learn and grow in your profession. The Fellowships are highly competitive and driven by relationships, so apply as early as possible, and make sure you use all of your contacts to help get in the door (tell them that you will be applying).

- **Bill Walsh Diversity Coaching Fellowship:** Designed to help coaches gain exposure to NFL training camps, off-season workout programs, and minicamps. Please have your resume, personal statement, and any letters of recommendation ready to go. [Click here](#) for more information or email questions to [NFLBillWalshDiversity@nfl.com](mailto:NFLBillWalshDiversity@nfl.com).
- **Nunn-Wooten Scouting Fellowship:** Exposes interested former players to a career in professional scouting. The program will give participants a unique glimpse into player personnel by introducing them to various areas related to college and pro scouting. [Click here](#) for more information or email questions to [NunnWootenScouting@NFL.com](mailto:NunnWootenScouting@NFL.com).

