

ATHLIFE

**“Education is the most powerful
weapon which you can use to
change the world.”**



Networking is Essential

Did you know that approximately 85% of jobs are filled through networking? Networking is interacting with others to exchange information and develop contacts, especially to advance one's career. It's about building a professional relationship and is essential for any career field.

Networking is more than just small talk, it requires work before, during, and after a networking event or meeting. Review the [networking tips](#) listed below to strengthen your professional interactions:

- **Before:** Create your professional introduction, research and set networking goals, update your resume and LinkedIn profile.
- **During:** Watch your body language, listen, and ask questions, do not ask for a job.
- **After:** Follow up with a thank you note, keep track of connections, and build the relationship.

★ AthLife Tip Of The Month ★

Before you decide to pursue a graduate degree, take some time to reflect and answer these three valuable questions:

1. What graduate degree do you plan to pursue and why?
2. Will a graduate degree help your career?
3. Are you prepared for graduate school?



Good Reads

- [Ten Tips to Help You Network Like a Pro](#)
- [Job Interview Tips That Will Help You Get Hired](#)
- [Developing Computer Literacy - Accessible Resources to Increase Your Technology Skills](#)
- [Successful Online Learning Tips](#)
- [Four Tips to Overcome Procrastination](#)

Study Tips to Maximize Your Learning

Did you know that there are ways to help you learn more efficiently and better retain information? Review the study tips listed below to help maximize your learning and succeed in your classes. For more details, [click here](#) to read the entire AthLife Fundamentals article.

- Complete the reading assignment before class.
- Review new information within 24 hours.
- Use flashcards for difficult material.
- Take some time to study every day.
- Practice healthy habits for optimal learning.

