

MAY 2023

ATHLIFE

Official Education Advising Partner of The Trust



Mental Health Awareness & Education

May is Mental Health Awareness Month. Mental health is just as important as one's physical health, and many are utilizing resources to work on their mental well-being. Please review [The Trust website](#) for mental health resources and be well. If you are experiencing a mental health emergency, please call the NFL Life Line at **1-800-506-0078**, call or text **988** for the Suicide and Crisis Lifeline or call **911** for local emergency services.

Did you know that education can boost your mental health? [Research shows](#) that "education can improve mental health by broadening your intellectual, social, and emotional horizons. Attending school can also expand your knowledge, help you meet new people, further your goals, improve your career and even help you build better coping mechanisms." If you're interested in continuing education, please schedule a call with your [AthLife Advisor](#).

Trust Scholarship News

Application Period Now Open!

The Trust Scholarship application period is now open for Fall 2023 term enrollment with a Phase 1 application deadline of June 16th. Schedule an appointment now with your [AthLife Advisor](#) to get started on the process.

Did you submit your tuition invoice to the Trust?

If you have an active Trust Scholarship award or your scholarship was renewed for 2023, please send your official tuition invoice to scholarship@playerstrust.com before the end of your current term of enrollment.

Certification Webinar Coming Soon

Have you been thinking about pursuing a certification? The Trust and AthLife will host a webinar on **May 18th** on the topic of certification programs. We will discuss different types of programs and also review the Trust Scholarship qualifying program guidelines. [Register here!](#)



Enhance Your Academic Skills This Summer

While summer is usually thought of as vacation time, it can also be an opportunity for some extra learning and skill enhancement. If you find yourself with some free time this summer, there are several ways to keep your brain sharp. Review the following suggestions to enhance your academic skills and make it a productive summer!

- Read - Any type of reading, including audiobooks, increases your vocabulary, exposes you to grammar, and keeps your brain active.
- Journal - Journaling for a few minutes each day, on the topic of your choice, can help enhance your writing skills.
- Take a computer class - Improve your technical skills by finding a low-cost computer class in your area, an online [MOOC](#) course, or even a free class at the library.
- Visit a museum - Increase your knowledge in a specific subject area, along with your critical thinking skills, by visiting a museum.
- Take a class for fun - Check out your local community college or park district for some fun summer classes to keep your brain engaged in the learning process.

★ AthLife Star of The Month ★



Congratulations to **Terrance Copper** on earning his Bachelor of Science degree in University Studies from East Carolina University! This was an extra special time for Terrance as he graduated alongside his son, Terrance Jr., who also played football at East Carolina and wore his Dad's number. Father and son graduated together this May, 23 years later for Terrance and as the first men in their family to earn a college degree. Terrance utilized the Trust Scholarship to complete his degree and plans to pursue a career in coaching. Congrats to both!

Hats Off to the Class of 2023

Congratulations to our Spring graduates! We are so proud of you and the time and effort it took to complete your education program. Please update your AthLife Advisor if you will graduate or complete your certificate program this Spring. **Check your email for information from the Trust** on their virtual graduation ceremony to take place on **June 1st**. Way to go grads!



Good Reads

- [College Student Self-Care - Taking Care of Yourself and Your Studies](#)
- [How to Make the Most of a Day](#)
- [How to Decode a Class Syllabus](#)
- [31 Tips to Boost Your Mental Health](#)
- [Alternatives to Reading: Improve Your Knowledge](#)

