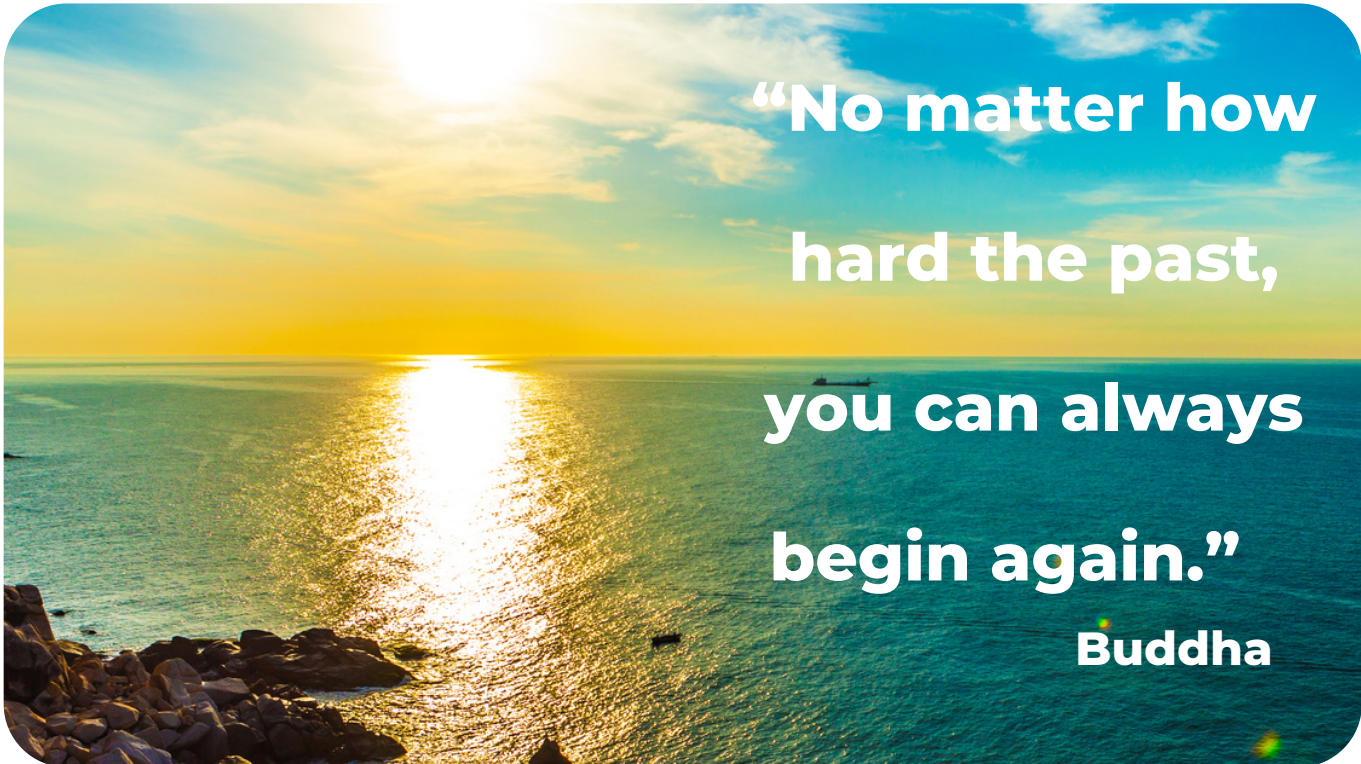


# ATHLIFE

Official Education Advising Partner of The Trust



**“No matter how  
hard the past,  
you can always  
begin again.”**  
Buddha

## Trust Scholarship News



- **Interested in continuing education?** The next Trust Scholarship application period opens on September 18th and will cover 2024 enrollment starting with **January 2024**. Schedule an appointment now with your [AthLife Advisor](#) to get started on the process.
- **Did you recently apply for the Trust Scholarship?** If you applied for the scholarship during the Summer application period, award notifications are scheduled for **Friday, July 28th** via an email from The Trust.
- **Have you submitted your Summer term tuition invoice to the Trust?** If you have an active scholarship award, send your official summer tuition invoice, including student ID# and institution's financial office mailing address, to [scholarship@playerstrust.com](mailto:scholarship@playerstrust.com) before the end of the summer term. Please allow up to two weeks for payment.

## Successful Online Learning Tips

Online classes are a great option for continuing education. Review the tips listed below to prepare for online learning success and learn more [here](#).

- **Accountability** - Review your syllabus, list assignments in your calendar or planner, and set reminders; be proactive and reach out to your professors with any questions.
- **Time Management** - Try time blocking or another time management technique to balance your class assignments with your other responsibilities.
- **Resources** - Confirm that you have all the resources you need for online learning, such as a working computer, webcam, access to the internet, and required software programs.
- **Skills** - Review your school's online learning platform, practice video chats, download materials, or other computer activities so that you are prepared for your online class.



## Certificate, Certification, License, and Designation - What's the Difference?



Professional certificate programs are a great resource to increase our knowledge in specific topics and grow our skills. However, understanding which is most beneficial for career advancement can be confusing. Listed below are brief definitions for each type of professional development program. Click [here](#) for more detailed information from our AthLife Fundamental article.

- **Certificate** - Completion of several courses in a specific topic area
- **Certification** - Related to your profession and often required for advancement
- **License** - Required coursework or hours of training needed to sit for a license exam
- **Professional Designation** - Broad classification from a certification or degree program

## ★ AthLife Star of The Month ★



Congratulations to **Erik Wilhelm** on earning his Bachelor of Arts degree in Speech Communication from Oregon State University! Erik completed his degree this summer after withdrawing from the university in 1988 to enter the NFL draft. Following his NFL career, Erik has worked in the education system. **Way to go, Erik!**

## Good Reads



- [The Best Back to School Tips for Success](#)
- [Take a Break and Increase Your Focus and Creativity](#)
- [Time Management Success Tips From a Former Professional Player](#)
- [The Importance of Note Taking](#)
- [How to Complete Your Homework in College](#)



## AthLife Tip of The Month

Emails are a vital part of our everyday communication. In fact, they are often how you communicate with your professors. How can we ensure that our emails are effective and convey the correct message? [Read Tips on How to Write Effective Emails](#) to ensure that your emails are professional and will set you up for success.

