


ATHLIFE



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

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

Good Reads



- [How to Finish Your Goals](#)
- [Soft Skills You Need to Advance Your Career](#)
- [The Best Back-to-School Tips for Success](#)
- [Take a Break and Increase Your Focus and Creativity.](#)
- [The Importance of Note Taking](#)

AthLife Tip of The Month



Are you in the market for a new job or thinking about a career transition? Keep in mind that there are ways to help make your job search process more fruitful and efficient, such as researching new industries, utilizing technology, expanding your network, and more. Review these [job search tips](#) to help make your next career move a success.

