

ATHLIFE

**“Intelligence + Character -
that is the goal of
true education.”**

Martin Luther King Jr.



Back-To-School Tips for Success

Are you returning to school this fall? Whether you are working on a degree, professional certification, or a vocational program, congratulations on making the decision to continue your education! Keep in mind the following tips for academic success.

1. **Communicate** - Talk to your professors or instructors and make it a point to get to know them from the start.
2. **Balance** - Find ways to balance and manage your time between family, work, and school responsibilities.
3. **Resources** - Review and utilize the academic resources that your school offers that will set you up for success, such as tutoring, the writing center, or study groups.
4. **Budget** - Make a plan for all of your educational expenses and find ways to save money, such as used or rental textbooks.

Click [here](#) to read more tips from our AthLife Fundamental article.

AthLife Tip of the Month

Are you searching for a job? If so, it is essential that you have a well-defined message about what you have accomplished and how you can add value to an organization. Read more about how to [deliver a clear message](#) while job searching that will differentiate you from the crowd!

Making a Great First Impression

Have you heard the expression that first impressions can make or break you? Well, it's true! That first meeting, whether it's on the phone, at a networking event, or in an interview, is crucial. Follow the five tips listed below to make a great first impression.

- Do your research - Know who you are meeting with ahead of time.
- Understand what your body language is saying - Show confidence and comfort.
- Be self-aware - Reach out for feedback from friends on how you come across.
- Find common ground - Look for shared interests to help with small talk.
- Follow up - After the meeting, remember to send a thank you note or email.

Click [here](#) for more details from our AthLife Fundamentals article.

Good Reads

- [Study Tips to Maximize Your Learning](#)
- [The Best Tips for Reading Textbooks in College](#)
- [The Importance of Getting to Know Your Professors](#)
- [Are You Ready to Answer "Tell Me About Yourself?" While Networking or Interviewing](#)
- [Five Tips on How to Write Effective Emails](#)



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BACK TO SCHOOL

KNOW YOUR DATES

Class start date, assignment due dates, test dates, quiz dates, etc.



ASK FOR HELP

If you are stuck with understanding your course material or assignments reach out to your professors to ask for help

CREATE A DAILY TO-DO LIST

List out all the tasks related to each class such as logging into your class, reading assignments, etc. each day so you can stay on top of your coursework



STAY AHEAD

Don't wait to the last minute to complete assignments

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