

# ATHLIFE

Official Education Advising Partner of The Trust

**“Everybody can be great, because  
everybody can serve.”**

**- Dr. Martin Luther King Jr.**

## Trust Scholarship



### Upcoming 2024 Trust Scholarship Period

The next scholarship application period opens on February 12th and covers Summer and Fall 2024 enrollment. The Phase 1 scholarship application deadline is March 1st, followed by the Phase 2 deadline of March 8th. [Schedule a call](#) now with your AthLife Advisor to get started on the process.

### Spring 2024 Tuition Invoice Instructions

Don't forget to submit your official tuition invoice to [scholarship@playerstrust.com](mailto:scholarship@playerstrust.com) now or before the end of the Spring term. Please allow two weeks for the payment to process and contact Madison Bryson at [madison.bryson@playerstrust.com](mailto:madison.bryson@playerstrust.com) with any questions.

### Education Program Updates

Is it time to celebrate? Please update your AthLife Advisor if you completed your degree or certificate program so that you can receive your special gift from The Trust!



## AthLife Star of The Month



Congratulations to **Michael Early** who completed a Master of Science in Organizational Leadership from Duquesne University in December 2023. Michael utilized the Trust to help finance his graduate degree over the past few years. **Way to go, Mike!**

## Tips to Get to Know Your Professors

Whether you are taking classes online or on-campus, it's important to get to know your professors. Professors encourage students to communicate with them, ask questions, and stay engaged to help them reach success. Review the tips below to help build an impactful relationship with your professors.

**Read the Syllabus** - Review the course syllabus to understand your professor's expectations, policies, and suggestions on how to best communicate, including posted office hours.

**Don't Be an Online Stranger** - Online classes lack face-to-face interaction, however, you can still engage with your professors through email, phone, and virtual office hours.

**Stay Engaged** - Actively participate in classes and online message boards, submit assignments on time, utilize posted office hours, and email your professors with any questions or concerns.

## Study Tips To Maximize Your Learning

Did you know there are ways to help you learn more efficiently and better retain information? Review the study tips below to help maximize your learning and succeed in your classes.

- **Read Ahead** - Complete the reading assignment before class to understand the material and identify any questions you may have.
- **Review New Information** - Take time after class to review your notes and the reading material while it's fresh in your mind.
- **Identify Difficult Material** - Use flashcards right away to help you learn challenging terms or concepts.
- **Study Every Day** - Get in the habit of reviewing your reading material, notes, and flashcards every day to help retain the information.
- **Practice Healthy Habits** - Make sure you get proper nutrition, hydration, sleep and exercise for optimal learning.



### Good Reads

- [Successful Online Learning Tips](#)
- [How to Determine if Graduate School is the Right Path](#)
- [6 Key Questions to Ask if You Are Contemplating a Doctoral Degree](#)
- [Take a Break and Increase Your Focus and Productivity](#)
- [Email Etiquette 101](#)

