

MAY 2024

ATHLIFE

Official Education Advising Partner of The Trust



Trust Scholarship News



Application Period Opens Soon!

The Trust Scholarship application period opens soon for Fall 2024 term enrollment with a Phase 1 application deadline of June 14th. Schedule an appointment now with your [AthLife Advisor](#) to get started on the process.

Did you submit your tuition invoice to the Trust?

Please send your official tuition invoice to scholarship@playerstrust.com before the end of your current term of enrollment. You can find your tuition bill in your student portal or contact your school's financial office. Please allow two weeks or more for the Trust to process the payment.

Is it Time to Celebrate?

Are you graduating or completing your education program this Spring or Summer? If so, please notify your [AthLife Advisor](#) of your program completion to receive your special gift from the Trust. **Congratulations from AthLife!**



AthLife Star of The Month



Congratulations to Don Carey who graduated from Indiana University in Bloomington, Indiana with a Master of Science in Strategic Management! Don utilized the Trust Scholarship to earn his graduate degree and plans to continue his education by pursuing a doctorate degree. Way to go, Don!

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 or call 911.

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." Here's some other [easy ways to boost your mental health](#).

Enhance Your Academic Skills This Summer

If you have 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, 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 the community college or park district for some fun summer classes to keep your brain engaged in the learning process.

