

# ATHLIFE

## AthLife Tip Of The Summer

Summer is a great time to review the career goals you set at the start of the new year and evaluate your progress. Or maybe it's time to set some new goals for yourself! Remember to set SMART goals and develop action plans to help move your career forward.



## WAYS TO IMPROVE YOUR SUMMER

As you make your summer plans, why not think about ways that you can improve yourself. Taking time to focus on yourself will ultimately lead to success in your personal, academic, and professional life. Review these easy ways to make it a productive summer!

- Read a book and improve your mind through learning.
- Stay informed by keeping up with the news and current events.
- Become more self-aware by keeping a daily journal of your thoughts and beliefs.
- Volunteer and give back to a community organization that means something to you.
- Keep a gratitude journal to help appreciate what you have and give thanks.
- Start an exercise routine and practice it three times a week.
- Learn something new by watching a YouTube video or get inspired by a TED talk.
- Replace a bad habit with a good one.



## Tips for Successful Online Learning

- Review your syllabus, list assignments in your calendar or planner, and set reminders; be proactive and reach out to your professors with any questions.
- Try time blocking or another time management technique to balance your class assignments with your other responsibilities.
- 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.
- 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.

