

August 2024

# ATHLIFE

## Tips for School Success

Follow these tips to prepare for the academic term and start strong!

- Get to know your professors and stay engaged in your classes for success.
- Review your class syllabus for expectations, assignments, and deadlines.
- Confirm that you have the resources and skills needed for online learning.
- Research strategies for reading your textbooks to make it less overwhelming.
- Determine the notetaking method that will help you best retain information.



## AthLife Tip of the Month

Today, job interviews are often conducted virtually, especially that first screening interview. Remember that interview preparation is just as important for a virtual interview. In addition to standard interview prep, make sure that you test your technology ahead of time, select an appropriate interview location, and dress for success!



## 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 these five tips to make a great first impression.

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

