

ATHLIFE

Ace Your Midterms

Midterm exams are coming up! It can be a stressful time, so make sure that you are prepared. Ace your midterms by using these study tips.

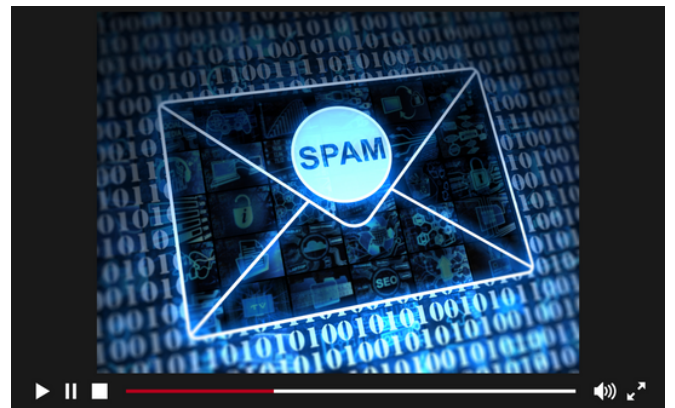
- **Make a Plan.** Prepare a study schedule for each exam and stick to it.
- **Use Study Guides.** Identify what you need to know for each midterm and quiz yourself.
- **Teach Others.** Teach the study concepts to someone to make sure you understand them.
- **Ask for Help.** Contact your professor or teaching assistant with any questions.



Need more information? Schedule a call with your [AthLife Advisor](#) to discuss your career or educational goals.

Tip of the Month

Make it a habit to check your spam or junk email folder at least once a week. Mark any emails as safe or add to your contact list if they shouldn't be in your spam folder. Your spam folder automatically clears out after 30 days, so don't forget to check it!



How to Make the Most of a Job Rejection

Searching for a job is a process that often involves multiple rejections before securing a new position. Instead of getting down, why not learn from the experience. Follow these tips to make the most of a job rejection and keep you moving forward in the search.

- **Take a Break.** Take some time to process your disappointment. Talk with friends, take a walk, meditate - find ways to feel refreshed and ready to continue your job search.
- **Maintain Perspective.** Remember that there are many qualified candidates also applying for the same position, which is out of your control. Stay positive and believe in yourself.
- **Review Your Interview Skills.** You may need to improve your interviewing skills. Ask the interviewer for feedback. Mock interviews with friends or family are a great way to prepare and practice.
- **Keep Going.** The job search process takes time, so don't give up. Stay motivated, find a support system, look for ways to build your network and add skills to your resume, through volunteering, additional education or training, or part-time work.