

# ATHLIFE

November 2024

## Warmest Thanksgiving Wishes!

Thank you for allowing us to be a part of your education & career journey this year.

We are truly grateful  
for YOU!



## Networking During the Holidays

As you plan to travel to your holiday events this year, keep in mind that these are not only great times to catch up with friends, but also golden opportunities to network. Follow these networking tips the next time you're at a holiday gathering or event.

- Focus on conversations with others, show genuine interest in their work, and let them know about your career plans.
- During conversations, listen for possible networking connections, and don't be afraid to ask for more details.
- Make sure that your resume is updated and easily accessible in case you are asked to share it.
- If you identify a possible connection in your field of interest, ask for an introduction and then follow up with your new connection.

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



## National Career Development Month

Career development is the process of learning and improving your skills; it is essential for professional growth and progress. Here are some tips to help you grow.

- Determine what career success looks like for you and set goals with action plans.
- Focus on ways to increase your professional skillset each year to keep learning and growing.
- Break your career goals into smaller, more manageable goals to make them easier to reach.
- Develop your professional network as networking is key to career success.
- Strive for more professionally and don't settle for less.

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## Tip of the Month

Do you have trouble making productive use of your time without feeling overwhelmed? Try using some time management tips to help you become more efficient.

- Plan your schedule a week in advance.
- Use a calendar to track your tasks and assignments.
- Prioritize a task to complete that day.
- And remember to schedule time for breaks to reset and recharge.