

AthLife

The Official Education Partner of The Trust



Trust Scholarship Application Update



Trust Scholarship applications will now be reviewed on a rolling basis with award decisions made each month. The 2025 Trust Scholarship application is expected to open in late January. Enrollment can start after you receive a scholarship award notification from the Trust. **Schedule a call now** with your AthLife Advisor to get started on the process.

Spring 2025 Tuition Bill Instructions

Remember to submit your **Spring 2025 tuition bill/invoice**, along with your most recent grade report, to scholarship@playerstrust.com now or before the end of the term. Please allow two weeks for the payment to process and contact Bella Pierre at the same email address with any tuition payment questions.

Planning for Study Success in 2025

Did you know that there are ways to learn more efficiently and better retain information? Review the study tips below to help maximize your learning and start the new year strong.

- **Read Ahead.** Complete the reading assignment before class to understand the material and identify any questions you may have.
- **Review New Information.** Take time after class to review your notes and the reading material while it's fresh in your mind.
- **Identify Difficult Material.** Use flashcards right away to help you learn challenging terms or concepts.
- **Study Every Day.** Get in the habit of reviewing your reading material, notes, and flashcards everyday to help retain the information.
- **Practice Healthy Habits.** Make sure that you get the proper nutrition, hydration, sleep and exercise for optimal learning.



Time Management Tips

Do you have trouble making productive use of your time without feeling overwhelmed? Try using these 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.

Education Program Updates

Is it time to celebrate? Please update your AthLife Advisor if you **completed your degree or certificate program** so that you can receive your special gift from The Trust!

