

ATHLIFE

Soft Skills to Advance Your Career

Did you know that soft skills can help advance your career? Soft skills are personality traits and qualities transferable from job to job, developed from life and work experiences. Review the following six soft skills important for career advancement at any stage.

- **Coachability.** Remaining open and positive when accepting constructive feedback and professional advice is critical for career growth.
- **Empathy.** Relating to others and their feelings will help build strong work relationships.
- **Communication.** Effective writing, speaking, and presentation skills are essential for the workplace.
- **Critical Thinking.** Evaluating and analyzing information to solve a problem will help you make better decisions.
- **Creativity.** Offering new ideas and suggestions or thinking outside the box contributes to work productivity.
- **Problem-Solving Attitude.** A positive attitude will help with problem-solving and keep you motivated to resolve the issue.

College Homework Strategies

Completing your homework assignments may seem overwhelming, but it doesn't have to be difficult. Use the strategies below to make the process easier and improve as a student.

- Create a study environment that is quiet and free from distractions.
- Plan at least a week ahead and use a calendar for assignment due dates.
- Start with your least favorite subject to reduce anxiety and increase confidence.
- Chunk your reading assignment into smaller, more manageable units.
- Plan a reward for yourself after you have completed your assignment.



Graduate Degree Exploration

Are you thinking about pursuing a graduate degree? Graduate school is a big commitment on many different levels. Before deciding, consider these three questions to see if a graduate degree is right for you.

1. Do you know what graduate degree you plan to pursue and why?
2. Will a graduate degree help your career?
3. Are you prepared for the time commitment of graduate school?

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