

March 2025

ATHLIFE

The Official Education Partner of The Trust

The Trust Scholarship Application Is Open

Scholarship applications are now reviewed on a rolling basis with award decisions made within one month of the application submission. **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.

REMEMBER

Submit Your Spring Tuition Bill

Don't forget to submit your spring 2025 tuition bill, along with your most recent grade report, to scholarship@playerstrust.com now or before the end of the current term. Please allow two weeks for the payment to process and contact Bella Pierre at the same email address with any tuition payment questions.

Strategies to Stay Motivated

Staying motivated during the spring term can be a challenge. The combination of midterms, projects, papers, and warmer weather can make it tempting to procrastinate your coursework. Follow these strategies to stay focused and finish the term strong!

- **Reassess your goals.** Break down your remaining assignments into smaller, more manageable tasks to reduce stress and keep you on track.
- **Change your study routines.** Switch up your study space to help refresh your focus or try a new study technique to boost productivity.
- **Prioritize self care.** Make sure that you are getting enough sleep, staying hydrated, and taking breaks to avoid burnout.
- **Stay engaged with classmates.** Study groups can keep you motivated and help reinforce your understanding of material through discussion with others.
- **Celebrate small wins.** Plan a reward for yourself after completing a task, such as a coffee break or watching a television show, as a way to stay motivated.



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 following these study tips. Good luck!

- Make a study schedule for each exam.
- Use study guides and quiz yourself, making flashcards as needed.
- Teach others the study concepts to help you retain the information.
- Contact your professor ahead of time with any questions.