

ATHLIFE

Thinking About Continuing Your Education?

When making a life-changing decision, such as returning to school, there are several concepts to first explore. Review the tips below to help you make the best decision about continuing your education.

- **Determine priorities.** Define your main objective for continuing your education.
- **Cost of Deciding.** Determine the costs of continuing your education or not enrolling.
- **Beware of Emotions.** Do not let your emotions control the outcome of your decision.
- **Implement a Filter.** Use questions to analyze your decisions and their effects.
- **Do Your Research.** Review program details and options before you make your decision.

Strategies For a Positive Mindset

A positive outlook is essential for success. Possessing a positive mindset means making positive thinking a habit and continuing to make the best out of every situation. Review the strategies below to help you adopt a positive mindset and redefine your circumstances.

- **Choose excellence.** Give the best effort you can in every situation and excel.
- **Focus on positive influences.** Surround yourself with those who want you to succeed.
- **Concentrate on your vision.** Determine your main goals and make an action plan to achieve them.
- **Take time to enjoy yourself.** Seek humor in your everyday life to help reduce stress.

The Importance of Career Conversations

Career conversations, also known as informational interviews, are discussions with experienced professionals in an industry or company of interest. They provide valuable firsthand insights for those considering a career transition, offering industry knowledge and professional advice on next steps. Additionally, career conversations are a great way to grow your professional network.



Digital Spring Cleaning Tips

Spring is the ideal time to declutter and organize your digital storage, from your computer to your phone. Follow these tips to clean your devices, improve organization, and strengthen security.

- **Email** - Delete old email accounts, update passwords, declutter your inbox, and unsubscribe from email ads or junk email.
- **Phone** - Update your phone's operating system, delete duplicate or old contacts, and delete unwanted apps or photos to free up storage space.
- **Computer** - Uninstall unused software programs, organize your files, delete files no longer needed, and check your security preferences.