



MAY 2025

**ATHLIFE IS THE OFFICIAL
EDUCATION PARTNER OF**



Trust Scholarship Application Timeline

- The Trust will review scholarship applications and make awards on a rolling basis, with scholarship application reviews conducted every two weeks.
- You may apply for 2025 enrollment that begins **after** you receive a scholarship award notification from the Trust. Scholarship award decisions are typically made within one month of submitting your application.
- Plan to apply for the scholarship **at least 4-6 weeks** before the start date of your classes or education program. For example, if you submit your scholarship application in early June and are awarded, you could potentially begin classes by mid-July.
- Schedule a call now with your AthLife Advisor to get started on the application process.

Benefits of Microlearning

Microlearning is a valuable learning system that combines information into short, compact lessons. It is designed to take complex topics and make them simpler. Shrinking material into smaller digestible chunks can boost the understanding of a subject. Below are some advantages of utilizing microlearning.

- **Improved Retention** - Breaking down information into smaller pieces can lead to a greater recall of the material.
- **Time Effective** - Microlearning consists of 15-minute sessions that focus on one area of the subject matter at a time.
- **Flexibility** - Multiple tools such as videos, podcasts, short quizzes, and infographics can be used in microlearning.
- **Motivational** - Completing shorter tasks encourages consistency and progress, making learning more efficient and effective.

Mental Health Awareness & Education

May is Mental Health Awareness Month, a time to recognize that mental health is just as important as physical health. Today, many are utilizing resources to support and improve their mental well-being. Please review [The Trust website](#) for mental health resources and be well. If you are experiencing a mental health emergency, please call the **NFL Life Line at 1-800-506-0078 or call 911**.

Did you know that education can boost your mental health? Studies show that learning can enhance mental health by expanding your intellectual, social, and emotional horizons. Being in school not only increases knowledge but also helps you connect with others, pursue your goals, strengthen career prospects, and develop healthier coping skills.

ACTION ITEMS

Is it Time to Celebrate?

Are you graduating or completing your education program this Spring or Summer? If so, please notify your [AthLife Advisor](#) of your program completion date to receive **your special gift** from the Trust. Congratulations from AthLife!

Submit Your Tuition Bill ASAP!

For the Trust to make a tuition payment, please send your current tuition bill to scholarship@playertrust.com **as soon as it becomes available** and before the class is completed. Check your student portal for your tuition bill or contact your school's financial office. Please allow two weeks for the Trust to process the payment and contact the email address listed above with any tuition payment questions.

