

Midterm Exam Strategies

Midterm exams are coming up. It can be a stressful time, so make sure that you are prepared. Try these strategies to set yourself up for success!

- **Make a plan.** Prepare a study schedule for each exam and stick to it.
- **Start early.** Break study sessions into smaller chunks over several days.
- **Review course info.** Focus on lecture notes, key readings, and past assignments.
- **Use study guides.** Identify what you need to know for each midterm and quiz yourself.
- **Teach others.** Teach the study concepts to someone to make sure you understand them.
- **Ask for help.** Contact your professor or instructor with any questions.

Fall Interview Prep

Fall is a prime season for job interviews, so preparation is essential. Use the interview prep tips below to help you make a strong impression and stand out from the competition.

- **Research** the company and know its mission, value, and recent news.
- **Review** the job description and identify the key skills required.
- **Practice** common interview questions and prepare clear, concise answers.
- **Prepare** a list of your own questions to ask the interviewer.
- **Dress and communicate** professionally for the interview.
- **Follow up** with a thank-you email to the interviewer within 24 hours.

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

TIP OF THE MONTH

PRACTICE DIGITAL MINDFULNESS

It's easy to lose track of time online, which is why practicing digital mindfulness is key. Set screen-time limits, mute distractions, and take regular tech-free breaks to boost focus and reduce stress. Being mindful of your digital habits can help you stay more present and balanced throughout your day.

