



**Warm holiday wishes from AthLife! May the season bring you peace, joy, and all the best for the new year!**

## WINTER BREAK ACADEMIC REVIEW

As the semester ends, now is the perfect time to look back, do a self-assessment, and create a plan for academic improvement. Taking time over the winter break to identify what worked well and areas for improvement will help you start the new year strong!

## HOLIDAY CAREER TIPS

Make the most of your holiday break with these career tips that can set you up for a strong start in 2026!

- Update your resume and LinkedIn profile with new skills, projects, or accomplishments from the past year.
- Reflect on your career goals and determine what went well and what to focus on in the new year.
- Reach out with a short holiday message to reconnect with your contacts or grow your professional network.
- Learn something new by watching a webinar, reading an industry article, or trying a new computer tool or software.
- Organize and declutter your workspace to start fresh and help boost productivity.
- Take time for rest, sleep, and activities that recharge you to return motivated and focused after the holiday break.

## DIGITAL CLEAN-UP FOR THE NEW YEAR

The end of the year is the perfect time to clean up your digital space. A small digital reset now can help you begin the new year more organized, secure, and productive.

- Start by deleting old or duplicate files and organizing the rest into folders.
- Clean up your inbox by archiving or deleting messages and unsubscribing from emails you no longer read.
- Update weak or repeated passwords, and check your privacy settings across devices and social platforms.
- Run software updates and back up important documents and photos.