

ATHLIFE

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Expand Your Network

Expanding your network can help you discover new opportunities, learn from others, and find support along the way. The more people you connect with, the more chances you have to grow personally and professionally. Review these ways to expand your network.

- Engage on LinkedIn by connecting and interacting with posts.
- Attend events or webinars to meet professionals in your field.
- Reconnect with past colleagues and classmates.
- Volunteer or join professional groups to meet people with similar interests.
- Schedule career conversations and follow up to maintain strong relationships.

Graduate Degree Exploration

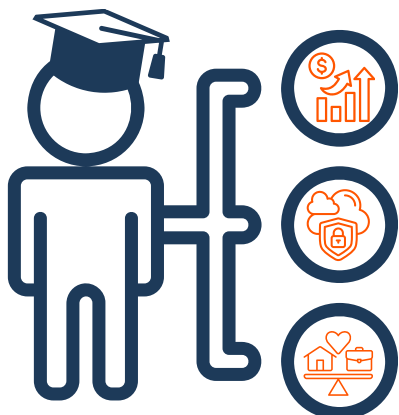
Thinking about pursuing a graduate degree? Graduate school can be a meaningful next step, but it also requires a significant investment of time, energy, and resources. Before making a decision, take some time to reflect on these questions.

- Do you know which graduate degree you want to pursue and why?
- Will a graduate degree support your career goals?
- Are you prepared for the time commitment graduate school requires?

Need more information? **Schedule a call** with your AthLife Advisor to discuss graduate school options and your next steps.

Why Education Matters

If you're thinking about going back to school for a degree or a certificate program, it's worth the investment. Education is an investment in you and your future. Here are a few points to highlight why education matters.



Higher Earnings - Higher levels of education are connected to greater earning potential and long-term financial stability over an individual's lifetime.

More Job Security - Higher education is linked to lower unemployment rates and more career flexibility.

Better Quality of Life - Education is associated with better health, stronger decision-making skills, and greater confidence, both personally and professionally.

