Hello... I'm #1 bestselling author Erik Qualman. I too was an NCAA student-athlete, but since my GPA was higher than my PPG, I decided to write books. Consider me a leadership resource and text, follow, insta (@equalman), or call anytime (404-808-4561).

### Instagram of the Month

IUP Athletics @iupcrimsonhawk recognizes Breakthrough Athletes of the Year to Teams of the Year. They even stay consistent with their high-quality imagery and branding. Not to mention they know how to rock the action shots! #TalonsUp #IUP

### Tool of the Month: GroupMe

You’re bound to have a group project this semester and we all know how difficult it can be to communicate with everyone on different schedules. GroupMe is a private chat room for a small group of people that works on every device. Share videos, photos, locations, etc. to ace that project! WhatsApp is another option and very popular internationally.

### The Importance of Giving Back

NCAA Division II values community engagement — the power of giving back. Since 2003, the division has raised more than $4.7 million for Make-A-Wish. The funds have been used to grant more than 590 wishes for children with life-threatening medical conditions. Want your school to get involved? Use the steps below to join the cause!


2. Enter your school’s name:

3. Fill out the information: specify how much you want to donate — even $5 helps — your personal information and billing. You can even see how much your school has raised through the website!

### How To: Start the Semester Off Right

Not knowing what to expect at the start of a new semester can be nerve-wracking. Use the tips below to help make the transition easier.

- Get to know your professor. Use RateMyProfessors.com to get the scoop on class expectations, required books, difficulty of tests, etc. from former students.
- Make a friend in each class. You will thank yourself for this later when you miss out on an important class lecture.
- Use a planner to set up semester goals, mark important dates and schedule study times. And don’t forget to give yourself time to relax so you don’t burnout mid-semester!