



EQUALMAN INC.



VIDEO MESSAGE



Hi...

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

Drury University Cheer (@drurycheer) excels at retaining their follower base and racking up likes on their content. They maintain a consistent flow of red throughout their posts and utilize videos and Boomerangs to capture people's attention. Go Panthers!



Make-A-Wish

In this season of giving thanks, we'd like to give a HUGE shoutout to all the schools who have raised funds for Make-A-Wish! During the 2016-2017 school year, DII schools raised over \$634,000, setting a record for the sixth year in a row! Since the start of the partnership in 2003, the division has raised over \$5.3 million. Here are the top three contributing institutions:

- 1 University of North Georgia
- 2 Nova Southeastern University
- 3 Mississippi College



"Division II values its partnership with Make-A-Wish and loves the ability to support an organization that does so much good for so many people," said Jasmyn Lindsay, a former softball student-athlete at Queens (North Carolina) and Division II SAAC chair.

TOOL OF THE MONTH:



HeadSpace provides simple ways to learn how to meditate and practice mindfulness. The app covers everything from stress to sleep, and the sessions are short enough to fit into even the busiest of schedules. Clear your mind and download the app now!

HOW TO: Form Good Habits

Digital and physical reminders help establish long-lasting positive habits. Below are two creative ideas to support achieving your goals:

➔ **Paper Clips:** Visual elements help us track our progress during the day. Fill up one jar with paper clips and keep the other empty. As you complete each task, move one paper clip to the empty jar. By the end of your day, you will be able to tangibly see the progress you've made!

➔ **Gummy Bears:** Reward your progress by placing a gummy bear (or any other candy you like) at the end of each textbook page or chapter you have to read. These sweet incentives will make studying a little more BEARable!



STAY CONNECTED:

