



## Making the Transition from Student to Associate

You may have been able to pull all-nighters and survive on coffee as a student, but as an associate, you will need solid time management skills to stay on top of everything and prevent burnout. Prioritization is a must. Learn how to filter emails, create to-do lists, and establish procedures that work for you. An investment of time upfront will cut down on inefficiencies and reduce stress in the future.

To read Alexander Holburn's *Tips on Making the Transition from Student to Associate*, visit [www.ahbl.ca/students](http://www.ahbl.ca/students).