



# ADVANCE WORKSHOP SERIES

**Meet your potential. Find your balance.**

An interactive workshop series based on Peak Performance Psychology techniques to help you flourish in the classroom and in life.



**COUNSELING AND PSYCHOLOGICAL SERVICES**  
CAPS / UC SAN DIEGO / student health and well-being

LEARN WAYS TO:

SET SMART GOALS

BUILD  
SELF-AWARENESS

INCREASE  
MOTIVATION

FIND YOUR  
PERFORMANCE  
ZONE

CREATE  
CONSISTENCY

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