SOM 2\textsuperscript{nd} Year Group
Optimizing Performance and Maintaining Wellness

Monthly support in preparation for Step I. Sessions will include:
• Motivational interviewing for goal achievement
• Capitalizing on strengths and managing negative thoughts
• Mindfulness for honing focus and reducing anxiety
• Peak performance strategies
★ All sessions incorporate experiential exercises & authentic conversation

Dates: Monday, January 11\textsuperscript{th}, 12:30-2:00 pm
       Monday, February 1\textsuperscript{st}, 12:30-2:00 pm
       Monday, March 7\textsuperscript{th}, 12:30-2:00 pm

Must commit to all three sessions.
Location: MET 307

Space limited to first 16 students to sign up.
Reserve your spot today. CAPS online registration required.
http://caps.ucsd.edu/signup

For questions, contact Christina Lambert, Ph.D. (858) 534-3035

This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534 3755 to arrange an appointment.