ON TRACK:
Graduate Student & Professional School Student Support Forum

- A supportive drop-in space for graduate and professional school students seeking strategies and motivation to achieve academic/professional goals.
- Common themes include: time management, focus, prioritization, organization, mindfulness, flow, and optimizing performance.

SPRING 2018
Thursday 1-2 pm, Weeks 2-10
GSA Lounge,
Original Student Center
(near Art of Espresso)

Facilitated by
Christina Lambert, PhD
CAPS Psychologist

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.