SPRING 2021: CAPS OFFERINGS FOR SCHOLAR ATHLETES

caps.ucsd.edu/athletics

MONDAYS

LET’S TALK via ZOOM
Individual Consults w/ Dr. Ben Metta, CAPS
Mondays, 1:00-2:00
Check your ICA team page and emails for link
Contact Dr. Metta for more info
858-534-7710

WEDNESDAYS

EMERGING LEADERS WORKSHOP
w/ Dr. Rhonda Hackshaw
Wednesdays, 12:00-1:30
Zoom link to be sent by ICA – check your emails
Contact Dr Hackshaw for more info and Zoom Link
858-534-5981

FRIDAYS

ADVANCED LEADERSHIP ROUNDTABLE via ZOOM
w/ Dr. Rhonda Hackshaw
Fridays, 10:30-12:30
Zoom link to be sent by ICA – check your emails
Contact Dr Hackshaw for more info and Zoom Link
858-534-5981

DAILY

CAPS DAILY DROP-IN WORKSHOPS
caps.ucsd.edu/dropin
All drop-in workshops via Zoom

CAPS Daily Drop-In Groups, Workshops, and Let’s Talk are open to all currently registered UCSD students and scholar athletes. These workshops are not professional counseling or psychotherapy. If you would like counseling, please call the CAPS central office at 858 534 3755 for a SPORT appointment.