

VIRTUAL OFFERING FOR SPRING 2022

SPORT PSYCHOLOGY HOUR

March 30 to May 25

Wednesdays: 11 AM–12 PM

Kaitlyn Saulman, PsyD
CAPS Post-Doctoral Resident

Drop-in Workshops (odd weeks)

Zoom: <https://uchealth.zoom.us/j/82702074661>

Week 1 (3/30): Well-Being & Performance Workshop

Week 3 (4/13): Empowering Self-Talk Workshop

Week 5 (4/27): Motivation & Grit Workshop

Week 7 (5/11): Confidence Boost Workshop

Week 9 (5/25): Sport Transitions Workshop

Let's Talk (even weeks)

Informal one-on-one well-being consultations
for scholar athletes. Reserve a time:

<https://caps.ucsd.edu/letstalk>

Week 2 (4/6)

Week 4 (4/20)

Week 6 (5/4)

Week 8 (5/18)

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

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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