

VIRTUAL OFFERING FOR WINTER 2022

LET'S TALK



Informal one-on-one well-being consultations for scholar athletes

Facilitated by:

Kaitlyn Saulman, PsyD
CAPS Post-Doctoral Resident

Informal support with topics and questions relevant to scholar-athletes, such as stress, sleep, motivation, focus, recovering from setbacks, performance, and relationships (personal and professional). Let's Talk sessions are designed to provide solution-focused strategies, information, resources, and support regarding general well-being related topics.

January 3 to March 11 (except 3/2)
Wednesdays*: 11 AM–12 PM

*For the week of January 31, the 2/2 Let's Talk will be held on Friday 2/4 at 3 PM.

Meetings are 30 minutes via Zoom, and a student can sign-up for two Let's Talk meetings per quarter.

Find instructions on how to sign-up and more info here:
<https://caps.ucsd.edu/letstalk>

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.

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STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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