

Let's RISE Together

Winter 2022



Performance Lab

Tuesdays 1–2 PM (Weeks 1–10) with
Erin Kelly Bartelma PsyD and Kaitlyn Saulman PsyD

<https://uchealth.zoom.us/j/87339082665>

Performance Psychology is referred to as "the science of success." Join our interactive lab workshops to learn academic success strategies and techniques to help you flourish in the classroom and in life. Each week we'll cover a new topic and discuss research-based skills you can practice and apply. Drop-in for one workshop or join us for the entire series!

Week 1: Building Self-Awareness

Week 2: Goal Setting

Week 3: Motivation

Week 4: Procrastination Tools

Week 5: Managing Performance/
Test Anxiety

Week 6: Confidence Boost

Week 7: Creating Consistency

Week 8: Well-Being & Performance

Week 9: Focus & Concentration

Week 10: Going into Finals Strong

RISE workshops are open to all currently registered UC San Diego students. These meetings are 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.

UC San Diego

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