

# Let's RISE Together



## Performance Lab

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

<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 including:

- Procrastination Tools
- Managing Performance/ Test Anxiety
- Creating Consistency
- Building Confidence
- Focus & Concentration Strategies
- and more!

*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**  
STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services



T R I T O N S  
**FLOURISH**

CAPS.UCSD.EDU  
@ucsdtritonsflourish