Performance Lab

Tuesdays 1–2 PM, Week 1 (3/29) – Week 10 (5/31)
with Erin Kelly Bartelma, 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