THE PSYCHOLOGY OF PEAK PERFORMANCE WORKSHOP SERIES
FOR ALL GRADUATE AND PROFESSIONAL STUDENTS AND POSTDOCS

This workshop series is designed to promote expert performance by exploring common issues impacting graduate and professional students and postdocs. During each session, we will briefly cover theory and research on the topic and provide a space for attendees to discuss their related experiences and to gain support and consultation.

WHEN
Fridays in October & November, 12:30 pm – 1:30 pm

October 5       Session 1: Perfectionism and “Imposter Syndrome”
October 12      Session 2: Motivation and Mindset
October 26      Session 3: Performing under Pressure
November 2      Session 4: Managing Conflict and Relationships
November 9      Session 5: Effective Goal Setting
November 16     Session 6: Fighting Procrastination/Increasing Efficiency
November 30     Session 7: Finding Work/Life Balance

WHERE
Center for Student Wellbeing
House opposite the Student Health Center

SIGN UP:  http://j.mp/2NLqlj8

SIGN UP REQUESTED: for space, special lunch sessions and materials

BRING YOUR LUNCH
EXCEPT Lunch Provided by The Graduate School Sessions 1 & 7

OFFERED BY
The University Counseling Center in conjunction with The Graduate School
Many thanks to the Center for Student Wellbeing for the meeting space

FACILITATORS
Nalini Conner, Ph.D., HSP, Psychologist, UCC
Shelby Reyes, Psychology Post-Doctoral Fellow, UCC
Stacey Satchell, MS.Ed, MA, MA, Graduate Life Coach, The Graduate School
Ciera Scott, Ph.D., HSP, Psychologist, UCC