

ON TRACK: Graduate Student & Professional School Student Support Forum

- A supportive drop-in space for graduate and professional school students seeking strategies and motivation to achieve academic/professional goals.
- Common themes include: time management, focus, prioritization, organization, mindfulness, flow, and optimizing performance.

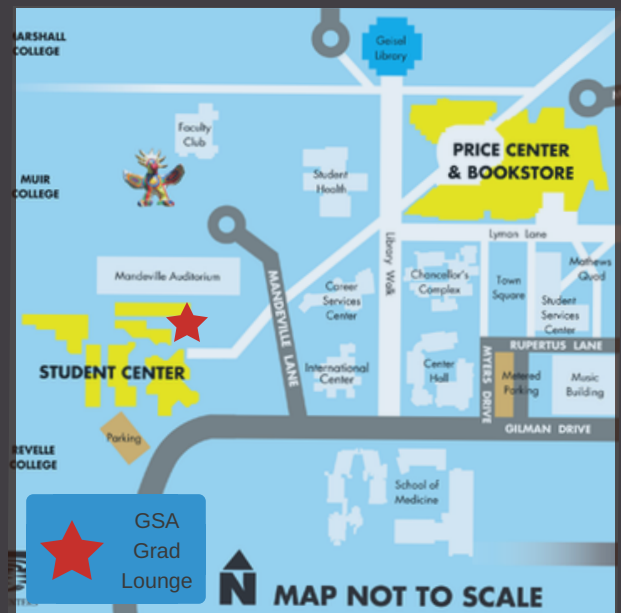
SPRING 2018

Thursday 1-2 pm, Weeks 2-10

**GSA Lounge,
Original Student Center
(near Art of Espresso)**



Facilitated by
Christina Lambert, PhD
CAPS Psychologist



**This meeting is 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.**