

2nd Year Medical Students

UC San Diego
SCHOOL OF MEDICINE



Optimizing Performance & Maintaining Wellness

Support in preparation for **Step I**
3 Week Workshop Series will include:

- Motivational interviewing for goal achievement
- Capitalizing on strengths
- Managing negative thoughts
- Mindfulness for focus and anxiety reduction
- Peak performance strategies

Mondays, 12:30-2:00, MET 323

Session I: Jan. 22nd, Jan. 29th, & Feb. 5th

Session II: Mar. 5th, Mar. 12th, & Mar. 19th

Space limited to 16 students per session.

CAPS online registration required.

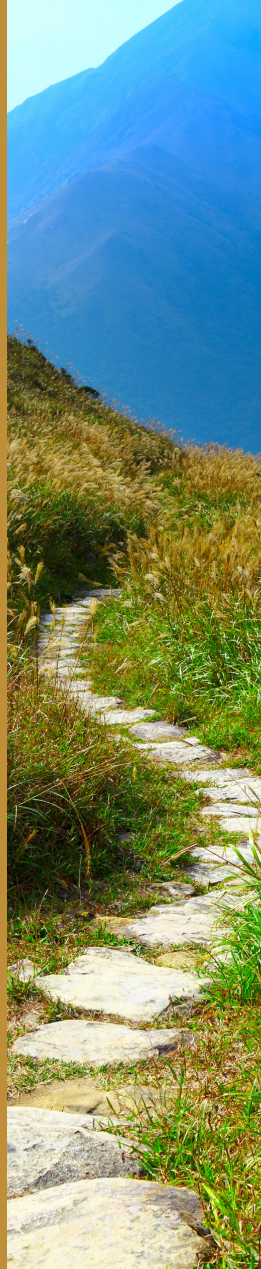
<http://caps.ucsd.edu/signup>



For questions, contact Session I & II facilitator:

Christina Lambert, PhD (858) 534-3035

Session II co-facilitator: Sarah Clavell Storer, PhD



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.