

Academic Peak Performance

This 12 week group seminar is designed to teach students cutting edge peak performance strategies to perform academically at their highest level. Emphasis will be placed not only on study skills optimization, but on the mastery of the mental skills used by the worlds top achievers.

Leader:
Pat Patterson, Ph.D.

Wednesdays
1:00—2:30

Start Date: TBA

Provided as a free service to regularly enrolled students at CSU, Chico.

For more information on this and other groups being offered the fall 2009 semester, come by our office and make an appointment for a group interview with the group leader.

GOALS:

1. Develop optimal study skills and academic mastery strategies.
2. Learn how relaxation, self-hypnosis, mental imagery, positive self-talk and affirmation techniques can enhance academic peak performance.
3. Increase G.P.A.
4. Equip students with the academic peak performance skills to make their career opportunities and dreams a reality.



Counseling & Wellness Center
Student Services Center 430
530-898-6345
www.csuchico.edu/counseling